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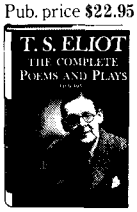

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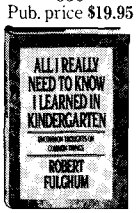

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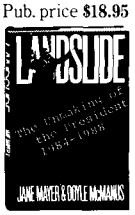

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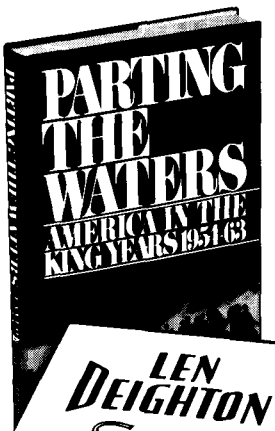

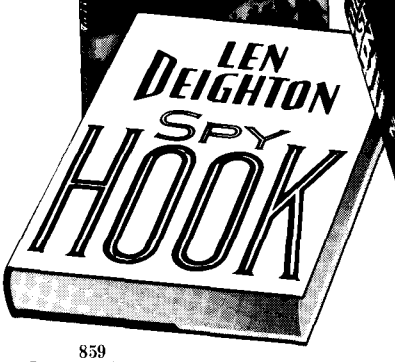

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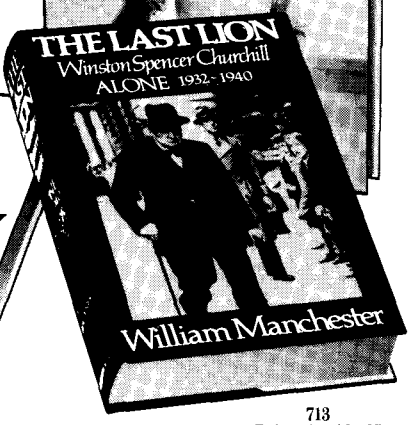

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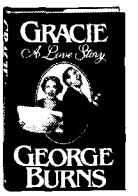

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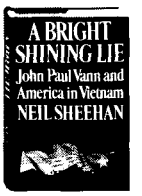

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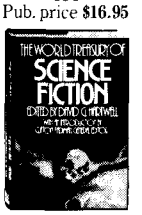

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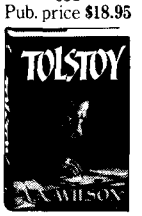

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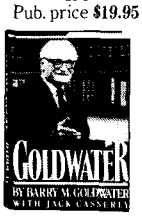

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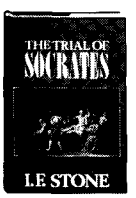

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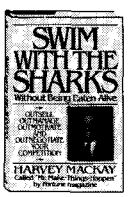

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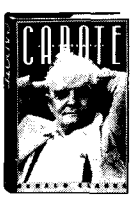

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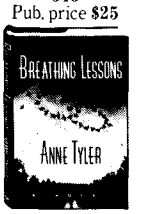

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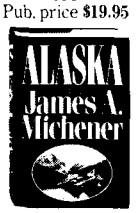

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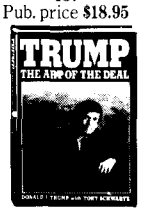

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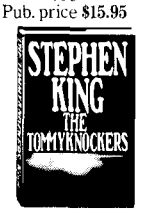

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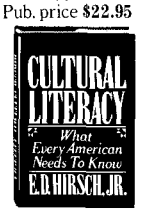

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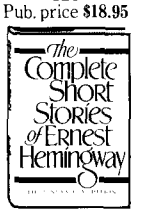

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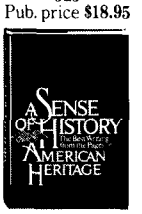

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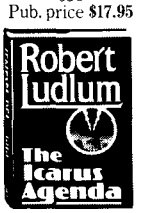

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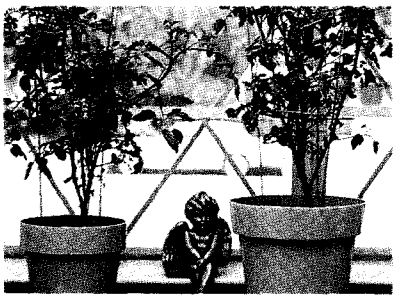
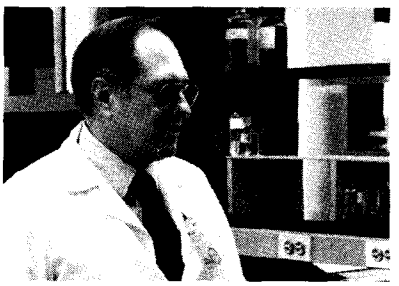
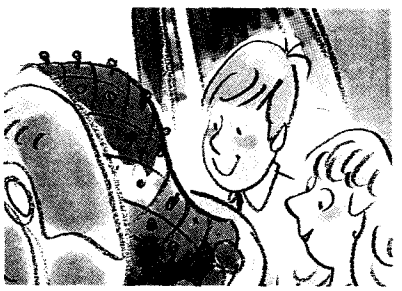
Busy Sandi Patti—juggles renditions of the national anthem for presidents and concert tours with preschool carpool duties. **44**



A Winter's Window Sill Garden—can put tasty tomatoes on your table by early spring. **30**



Frank Young, FDA Commissioner—has kindled a fire under this protective agency with his "fast but sure" work ethic. **50**



Richard Simmons Tells—how to wring out the calories in your New Year's celebrating. **58**

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Founded A.D. 1728

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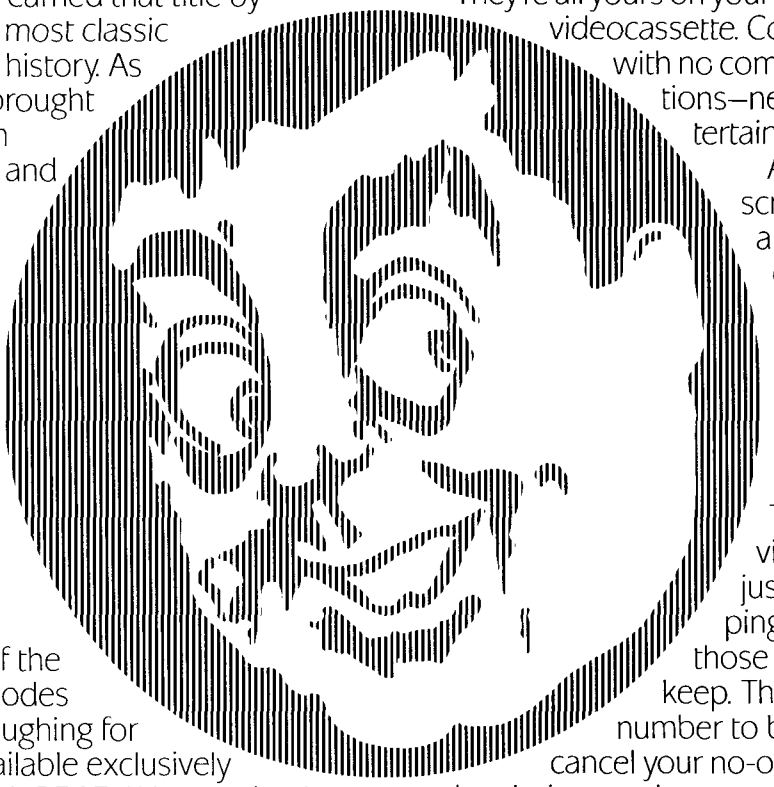

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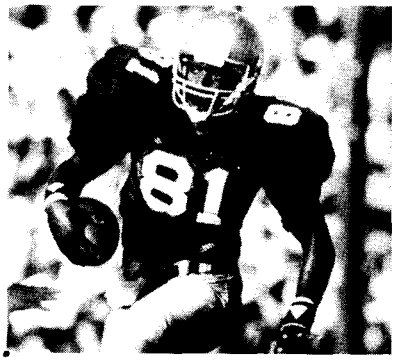
Impeccable Gregory Peck—has happy memories of his stage career and his 54 movies . . . to date. **66**

Touring Kauai—Hawaii's garden island, by copter, raft, boat, and boot. **92**



A Sports Historian Looks Back—at 100 years of teams of football all-Americans. **36**

The Hearing Problem—need not be an inevitable part of old age—*if* you take action early. **40**

Letters

Trust Buster

In my years of subscribing to the *Post*, this is my first opportunity to write and question your sagacity. In heralding Peter Jennings as the "most trustworthy of anchormen" [Nov. '88] you've startled me—and I'm sure a good many others who feel that:

a) *None* of the network anchors (nor their puppeteers) are in any sense of the word trustworthy, and

b) That Peter Jennings may be the least trustworthy of the gang, ranking just before Dan Rather.

Reams of evidence to this effect are available to those who watch their nightly "cooking" of the news, to those who tuned in to the conventions this summer, and most recently to any who watched the debates and witnessed the visceral questioning of V.P. Bush and Senator Quayle while their opponents were treated as family.

Wilton J. Hughes
Springfield, Virginia

I don't agree with your choice of Peter Jennings as top anchor.

I used to listen to him but scratched him out when he took such a strong stand against Bork. And when he selected that fanatic Neas as Person of the Week, that finished Jennings with me and many of my friends. Bork should have been nominated and appointed.

I think an anchorman should state the facts and give the news but certainly should not take sides on any question or try to influence the listener.

Marie Maxwell
Florissant, Missouri

In Jennings We Trust

Thank you for the excellent article "Voted Most Trustworthy of the Anchormen." I agree with the title!

I believe Peter Jennings always gives the news, he does not participate. I trust him always.

Frances S. Thomas
Anderson, Indiana

Panning for Pans

This is another letter regarding the vented muffin pans for use in a microwave.

I too have looked in many stores here and cannot find them. The buy-

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Hummingbird. So superbly modeled, the tiny bird seems to float above the dewy petunia. With every feather individually defined ...its multitude of tiny markings amazingly visible.

This exquisitely sculpted bird and flower will be painted entirely by hand to capture the sleek, shining green of the hummingbird's hood. The blue-tinged feathers of its downy breast. The shimmer of its wings, luminous with a rainbow of delicate tints. And the soft, pearly pink of the blossom.

There's something magical about a work of art that captures a fleeting moment of nature so convincingly. And this fine, imported sculpture will bring that magic into your home—to lighten your heart every time you see it.

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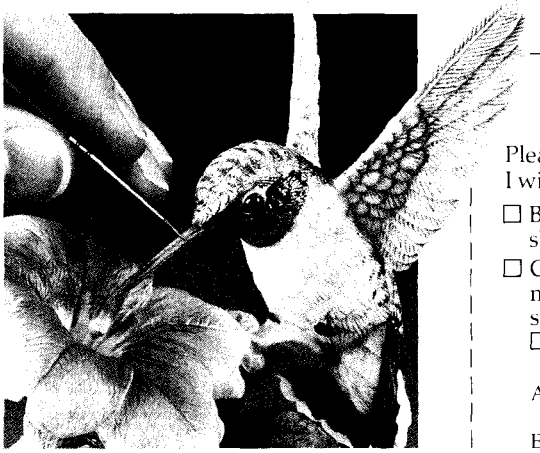
Shown actual size

The price of this Lenox® exclusive is $39, payable in convenient monthly installments of just $13. To acquire *Hummingbird,* simply mail your order before February 28, 1989. Or, on credit card orders, call **TOLL FREE,** 24 hours a day, 7 days a week, **1-800-537-1600 ext. 905.** 53619



Hummingbird *is meticulously hand painted for amazing realism and great beauty.*

HUMMINGBIRD

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Please accept my order for *Hummingbird* by Lenox. I need send no money now. I will be billed in three monthly installments of $13* each, as follows (check one):

☐ BILL my first installment before shipment.

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*Plus $3.25 per sculpture for shipping and handling. Sales tax will be billed if applicable.

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53619

Mail to: Lenox Collections
P.O. Box 3020, Langhorne, PA 19047-0620

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ers for these stores know nothing about them. I wrote to manufacturers of NordicWare, and in response, I was sent an order form to order by mail. I have enclosed that order form, and you will note that this company does not offer a vented muffin pan.

Do you have any further information? Where were the pans purchased that were used for the recipes in *The Saturday Evening Post*?

Lucille Dykeman
Lakeland, Florida

Editor's note: We sympathize with your problem. We have discovered that most large manufacturers of microwave cookware do not offer vented muffin pans as described by our Microwave writer Jacquelyn Nyenhuis. Ms. Nyenhuis offers the following sources for the hard-to-find pans: Microwave and More, 779 Mt. Reed Blvd., Rochester, NY 14606, carries the Mr. Microwave Muffin Maker, a vented muffin pan for $7.00, through its catalog. Dial toll-free 1-800-426-6257 and ask for item #4174. Or write to the manufacturer of Mr. Microwave Muffin Maker, IFM Industries, P.O. Box 578, Dixon, CA 95620, where you can learn the name of the store nearest you that carries the product. Friedmans microwave stores carry the Mr. Microwave Muffin Maker nationwide.

*Leisure Technology, 18791 Arboretum Blvd., Chan Hassen, MN 55317, also offers a vented pan, called the Micro*1 Mini Cake Maker. Write or call at 612-934-4459 to learn the store nearest you that carries the product.*

The microwaveware manufacturers told us they make both vented and unvented muffin pans but feel the vented product produces the best results.

If you still can't find a vented pan, Ms. Nyenhuis recommends using two paper cups instead of one for each muffin to help absorb the excess moisture.

Chickasha Lays an Egg

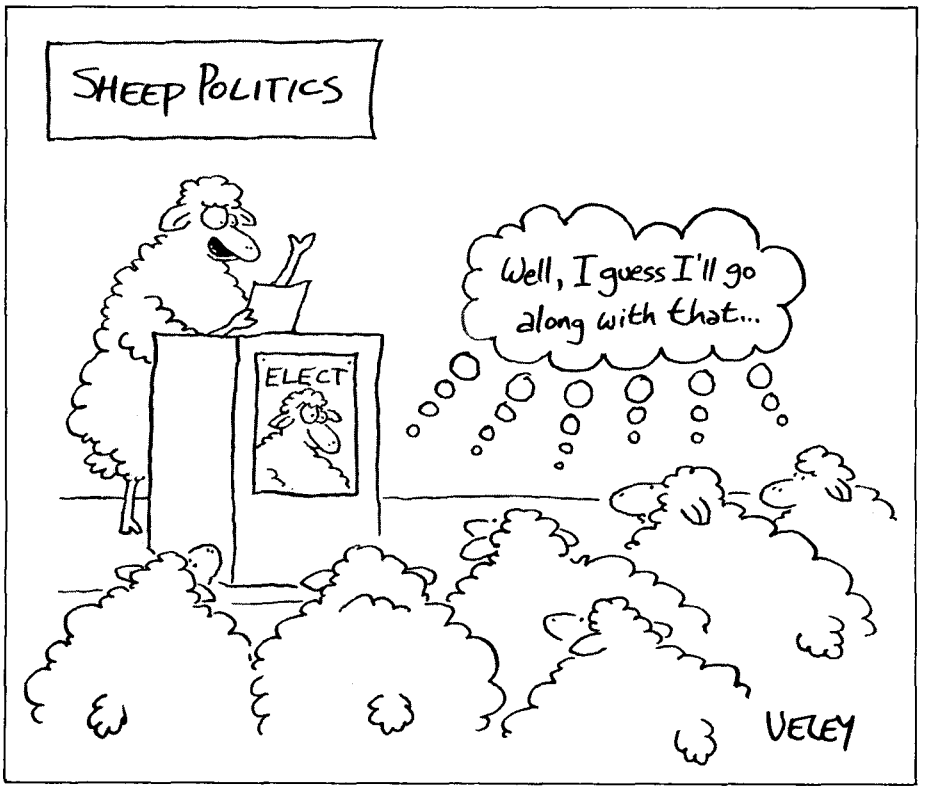
I read in your July/August '88 edition John Bohannon's "What's in a Name?"

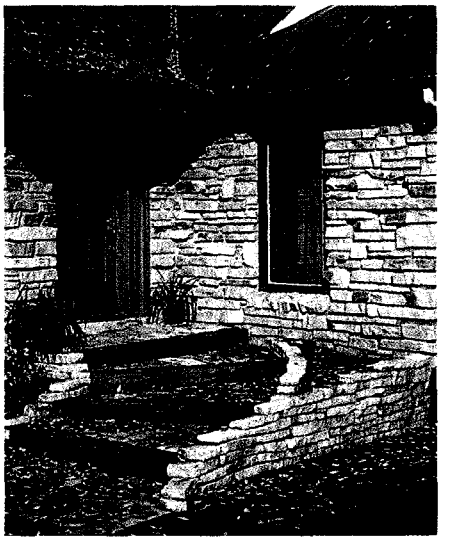
We live in Chickasha, Oklahoma. I understand that when the town was named it was to be Chickasaw after one of the five civilized tribes. But a printer misspelled the letterheads and it was left Chickasha.

I believe the Indian name would give us more dignity and we would be more of a part of history in our beautiful state of Oklahoma.

When you listen to the CBers they make fun of our name. Also, our football team, called the "Fightin' Chicks," take a lot of ribbing.

Joyce Hickey
Chickasha, Oklahoma





The Stair Case

The almost miraculous entryway renovation in the September issue is indeed a lovely sight to see.

However, for safe use, it is found wanting. The long, narrow ends of the stair treads leave 50 percent of the tread useless and unsafe. Two steps, a rectangular landing, and two steps at right angles, with an added ornamental hand railing, would both be eye-pleasing and provide assistance for elderly and handicapped visitors.

As an instance, in the last year I have had to resign my volunteer services to the American Cancer Society's Reach to Recovery program because I am no longer able to climb residential and apartment entry stairs without the aid of stair rails.

Two business buildings in our town recently installed handrails on wide entry stairs, by public demand, because clients and tenants were unable to approach the doors.

It is embarrassing to have to solicit the aid of strangers in order to enter a building.

If more architects and renovators would consult safety engineers before completing entry plans, life would be more pleasant for those of us who are not as able as most.

Thank you for your "soap box."

Ilda Weatherford
Renton, Washington

The Truth About Fiction

May I begin by saying that I am a devotee of the fiction of *The Saturday Evening Post.*

I have been since childhood; through college, when *The Saturday*

continued on page 10

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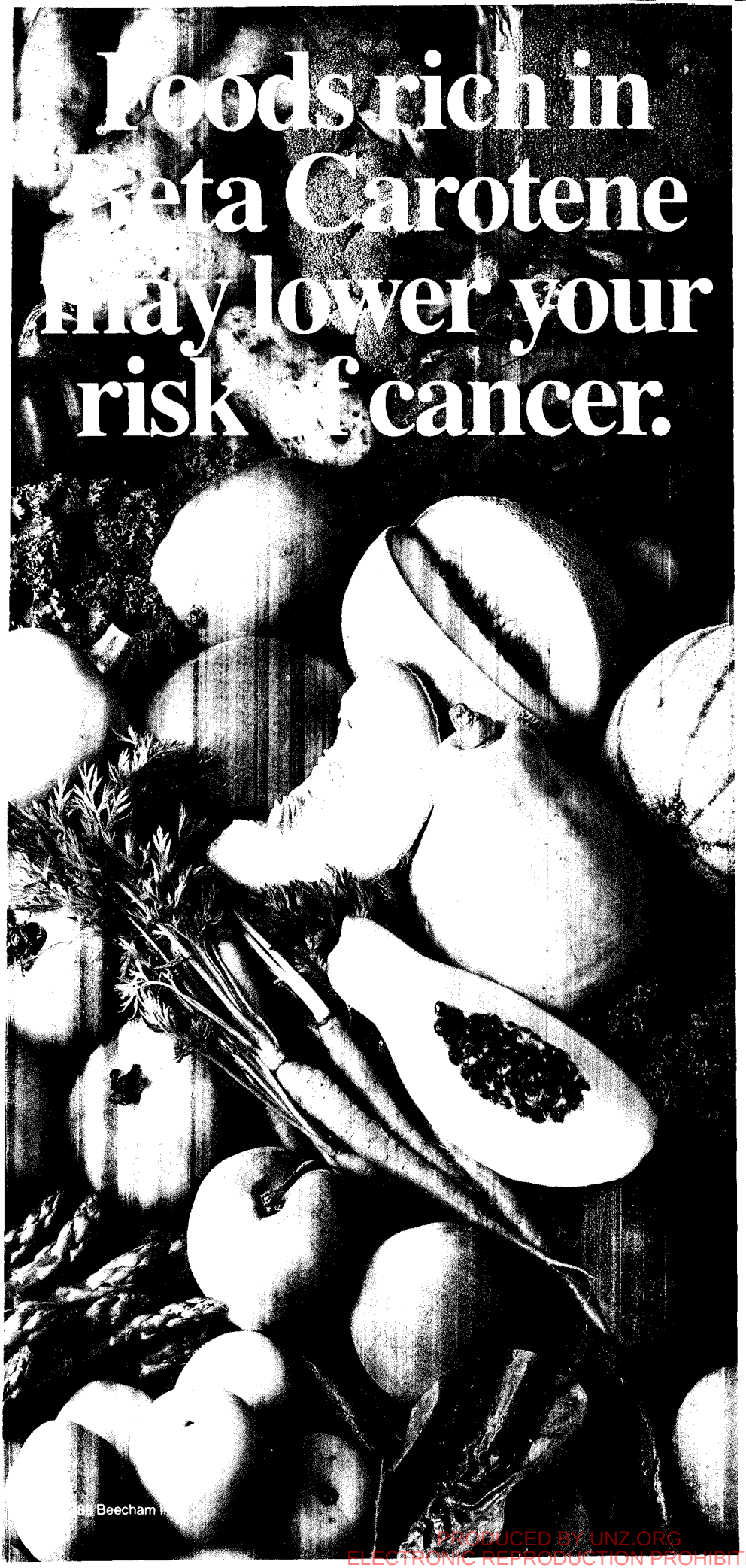

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Metro-Goldwyn-Mayer and Turner Entertainment present a
50th anniversary tribute to America's best-loved movie classic

Shown actual size of
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And 16 other members from the most fascinating cast of characters ever assembled on the silver screen.

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Each familiar face brought to life as never before. Each charming costume authentically re-created.

An enchanting "Emerald City" hardwood display, custom-designed to showcase your imported collection.

The premier collection carrying the official authorization of MGM and Turner Entertainment.

Priced at $29.50 each. The specially designed hardwood display is included as part of the collection.

The Wizard of Oz Portrait Sculpture collection is available only from The Franklin Mint.

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PORTRAIT SCULPTURE COLLECTION

Please mail by February 28, 1989.

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Please enter my subscription for *The Wizard of Oz* collection. A custom-designed display will be provided as part of the collection. My sculptures will be sent at the rate of one per month.

I need send no payment now. Please bill me $29.50* for each sculpture in advance of shipment.

**Plus my state sales tax and $1.95 for shipping and handling.*

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Evening Post's fiction led us to walk a mile to obtain the first-released issue, devouring it at the expense of study; through the Depression and war years, when its fiction lightened those grim days; and ever since. I rejoiced when the new *Post* resumed, with its superior fiction in a day when truly good writers of human-appealing, well-written fiction (yes—even fit for the family) must be hard to come by. People do not write good short stories these days much, do they? But you find them, and you publish them. And I thank you. When you resurrect a bygone piece of fiction, it is also a joy, of course. John Savage's "The Getaway" [Nov. '88] is just another example of your difficulty in selecting the jewels among the gross—or dross—submitted.

It is not just that my mother's sister, Mary Roberts Rinehart, practically brought me up. You are too young to remember her stories and serials that always first appeared in the old *Post*, nor that George Lorimer himself was thus a family friend. My allegiance to the *Post* continues with what you are doing for it—especially in the genre of fiction—difficult as that must be today.

It seemed appropriate that I express my appreciation.

It is not that I do not skim some of the articles. They have their place. But in this bewildered world, we need to escape, to laugh, to be moved by your excellent collection of fiction. It is our balm, and I must thank you.

May I hope that as advertising for the *Post* increases, we'll see more of the fiction.

P.S. William Faulkner's "Race at Morning," also in November, was, of course, one of the jewels.

Virginia Barton Wallace
Kennett Square, Pennsylvania

Editor's note: How fortunate you were to be brought up by someone as delightful as Mary Roberts Rinehart. I've never read a story she wrote that I didn't like. She is an all-time favorite of Post *readers. We'll have one of her pieces in the very next issue. We wish you would share with our readers some personal insights about George Horace Lorimer and Mary Roberts Rinehart.*

Taking Exceptions

I enjoyed the article by Brian Kinal about his father, Dr. Murl Kinal (*SEP*, Nov. '88). It is a pleasure to read of a son so full of praise and love for his father. I must take exception, however, to one part of the article where the author states that his father endorsed euthanasia and once "permitted" a handicapped child to die (who had only a few months to a year of life expectancy).

In the first place, a physician is morally, traditionally, ethically expected to preserve life, never to end it. While no one need accept extraordinary care, no physician should deliberately terminate a patient's life.

Secondly, after working for 26 years as a pediatrician at a school for retarded children, I am certain that no one can predict with accuracy the possible life span of a retarded child. I have seen several children with hydrocephalus who had shunts inserted to relieve the excess cerebral spinal fluid who went on to live happy, meaningful, and constructive lives. Children who brought great joy to their parents and others around them.

Life is precious and is to be preserved.

Paul R. Bruch, M.D.
Southbury, Connecticut

"Well, Jane, I can't say I've seen a finish quite like that before!"

A Commission for Dobson

In the September '88 "Letters," Jeanne Kieffer of Appleton, Wisconsin, asked about the President's Commission on Pornography report.

Dr. James C. Dobson, president of Focus on the Family, served on that panel. I'm sure he would gladly write an article for *The Saturday Evening Post* to inform your readers of the outcome of the discussion.

His address is: Dr. James C. Dobson, Focus on the Family, Pomona, CA 91799.

B. Somero
Lantana, Florida

Left His Heart in Santa Monica

I read, with happy memories, Frederic Rosen's story on Santa Monica [Oct. '88]. I too fell in love with the town the first time I saw it, in 1948. I have been there three times over the years, visiting relatives. One of my daughters is named Monica. Each time I go, I too see the changes. Some for the best (but how can you improve on the magnificent beaches) and some not so great. But I leave a bit of my heart there each time I return.

Rosemerie Rector Parker
Avella, Pennsylvania

Sailor Makes Up

You'll get other letters, I'm sure, about your "Rockwell Makes Up" letter in the November 1988 issue—perhaps even from the sailor Norman Rockwell so deftly painted.

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The beauty of nature captured by a two-time winning Federal Duck Stamp artist!

© Brown & Bigelow 1988

Actual Size: 8¼"

Hazy Ascent

by David Maass

A numbered limited edition trimmed in 23kt gold.

David Maass is a wildlife painter of international stature. He has been named "Artist of the Year" by *Ducks Unlimited National* and the *Wildlife Heritage Foundation* and is a two-time winner of the prestigious Federal Duck Stamp competition.

Now, one of Maass' most memorable works, "Hazy Ascent", will appear *for the first time* on a fine porcelain collector plate. You will be amazed to see how the rich porcelain hues beautifully capture the exquisite coloring of the birds.

A Limited First Edition

"Hazy Ascent" is the first in a new series of plates entitled *Ducks Taking Flight*. Each issue will feature a magnificent painting by David Maass which has *never appeared* on a collector plate.

Each plate will be numbered and accompanied by a matching Certificate of Authenticity, attesting to its being produced within the edition limit of 14 firing days. As a finishing touch, each plate will be trimmed with precious 23kt gold.

© MBI 1988

No Obligation — No Risk

When you acquire "Hazy Ascent" you have the option — *but not the obligation* — to collect all subsequent plates in this series. Furthermore, under our *100% Unconditional Guarantee*, you may return any plate for replacement or refund within 30 days.

Act Now to Receive the Lowest Possible Serial Number

Strong demand is expected for "Hazy Ascent" given its significance as a first edition and the worldwide reputation of David Maass. Thus, we urge you to respond promptly to guarantee a low serial number. Reservations will be processed in order of receipt, so send in yours today!

Reply by February 28, 1989 014

The Danbury Mint
47 Richards Avenue
P.O. Box 4930
Norwalk, CT 06857

Limit: two plates per collector

Please accept my reservation for "Hazy Ascent" as described in this announcement. I wish to reserve _____ (1 or 2) plate(s) at $24.50 (plus $2.50 shipping and handling — total $27.*) each payable in U.S. funds.

Check One:

☐ My check or money order is enclosed.

☐ Charge my credit card at the time of shipment: ☐ MasterCard ☐ Visa

Account No.: _____

Expiration Date: _____

Name: _____

Address: _____

City: _____

State/Zip: _____

Signature: _____

Allow 8 to 12 weeks for shipment.

*CT residents pay $29.03 per plate to include sales tax.

All orders subject to acceptance.

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I was at Williams College at the time in the same Navy V-12 Officers' Training Program.

The sailor in the hammock was "Mickey" Maguire, and he did borrow the blouse from one of his shipmates at Williams who had been in the fleet before being chosen for the V-12 program. However, he borrowed it to have the first-class petty officer's stripes on the arm and not for the fleet (should be fruit) salad on his chest. (Fruit salad refers to the ribbons—the colorful campaign area ribbons—which he could have borrowed and clipped on any blouse.)

I might add that I've been a *SEP* subscriber for many years, and I grew up with it. My dad subscribed ever since I can remember, and it was never far from him at home, placed carefully and prominently on the hassock beside his favorite chair.

C. Bruce Wright
Rowley, Massachusetts

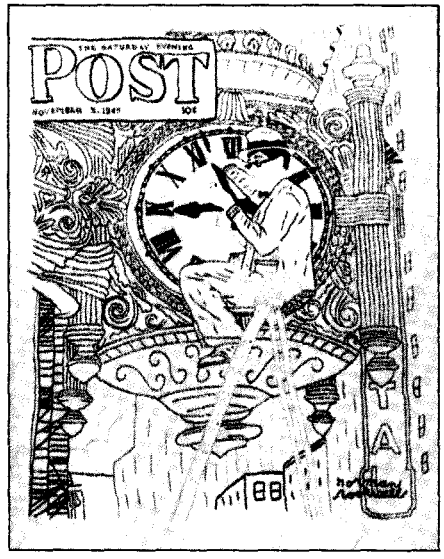
Right Choice Wrong

Your May/June issue was excellent as usual, except for one article: "The Right Choice." Let me make one point perfectly clear: I am thoroughly opposed to abortion. However, the article makes one think that a right choice is "not to abort," when the right choice should be to avoid premarital sex.

I felt that the grandmother was almost pleased that Janeen was pregnant so that she could fulfill her own needs. The grandmother's statement: "The decision to have Skyler took courage and sacrifice" should read: "The decision to have conceived Skyler took selfishness, poor choice, and a disregard for God's laws." It is very difficult to understand how an unmarried pregnant daughter can be called courageous for choosing the way she did. I would never tell my own daughter to abort a fetus, but I would send her to counselors who might help her make the right choice once the child was born.

How surprising that you included this article in your superb magazine, lest other immature girls think that they can make a right choice by having a baby out of wedlock. Please set the tempo straight and make the right choice for *The Saturday Evening Post* by avoiding subjective articles where moral issues are concerned.

Carol Vischer
Golden, Colorado



Rockwell Cover Quilt

Esther Darnielle (above right), of Anderson, California, recently delighted the *Post*'s editors by displaying her award-winning quilt depicting Norman Rockwell's career in painting *Post* covers.

This loving tribute to the famed artist required nearly a decade to complete. Beginning as a simple embroidery project duplicating the lines of one of her favorite covers, the idea grew into "doing a whole bunch of covers and making a quilt."

The 56 reproductions include one for each year of Rockwell's *Post* association plus an extra for 1942. In deciding which covers to use, Esther chose those representing a change in the magazine's logo or a price increase. Personal favorites made up the rest.

Since its completion in 1986, the quilt has won several citations, including the California State Fair's "Best of Show," and the "Needle Art Award."

We want to express our thanks to Esther for sharing this memorable treasure with us.

Oats Go Against the Grain

I am the same person who wrote to you awhile back about having had to feed my youngster activated charcoal in order to neutralize the large quantity of a chocolated laxative that he had eaten.

Now I must write on another subject. Much is said in your November 1988 issue about the value of oats in reducing cholesterol. For more than 20 years my cholesterol has exceeded 300 mg/dl. I am now 72 years of age, and in fine physical condition except for the test results. My blood sugar has always tested in the 200 mg area for more than 20 years. I have also been on medication for gout for more than 30 years. I am currently on allopurinol, and my gout is well-controlled, *except*—and this is where the oat problem rears its head.

Three times during the 30-plus years I have been on gout therapy I have tried to lower my cholesterol by eating oats in one form or another. Each time everything was fine at the beginning.

Then, gradually, my uric-acid level began to rise, and after a couple of weeks, despite taking the allopurinol, I suffered an acute gout attack, either in my ear or my big toe. Doubling my allopurinol dosage failed to ease these attacks. Only when I stopped eating oats did my uric-acid level subside and return to a normal (5 to 6 mg) reading.

I like oats, but in these circumstances I cannot eat them. Perhaps the oat industry can explain this phenomenon.

H. James Johnson
Mason, West Virginia

Editor's note: We suggest you consume apples for pectin. And beans are a wonderful source of fiber.

300-Foot Putt?

In your October issue on Vice President Bush you show a picture of him golfing and driving down the fairway. But I notice he has a putter in his hand. How come? I always use a driver.

Bill Carlisle
Portage, Michigan

Editor's note: Funny stance for a putt, but you're right. Could it have been that he was chipping in from the rough with his putter?

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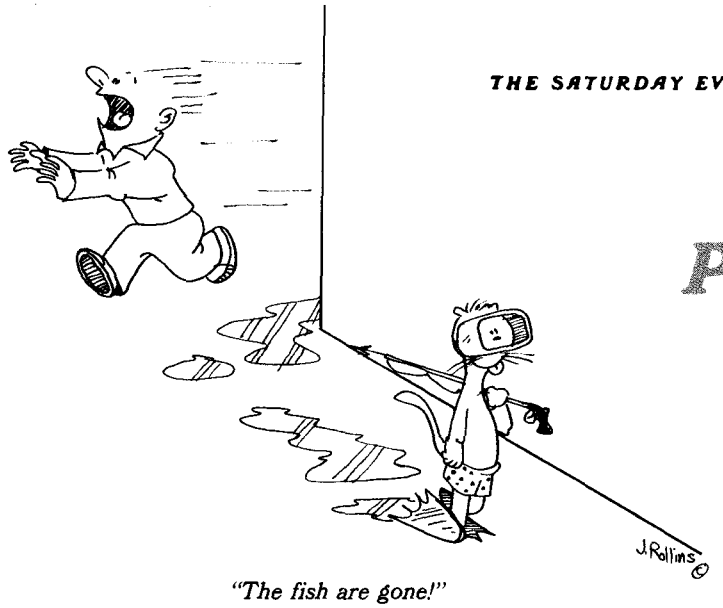
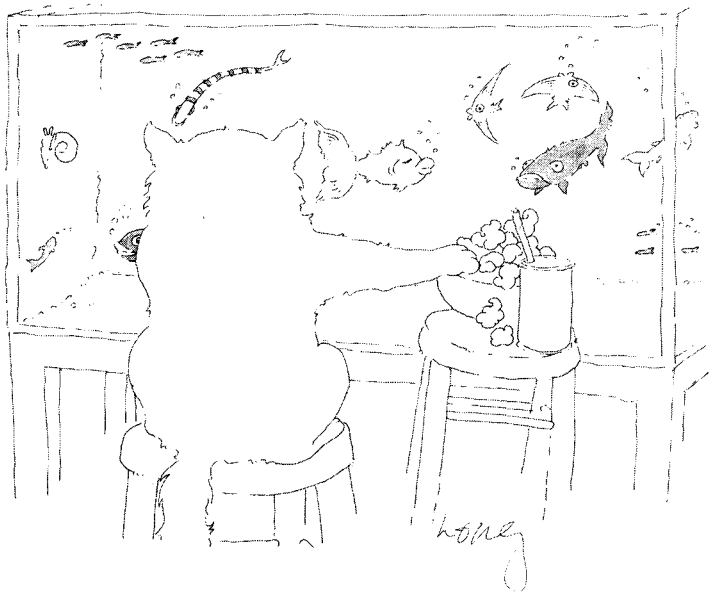
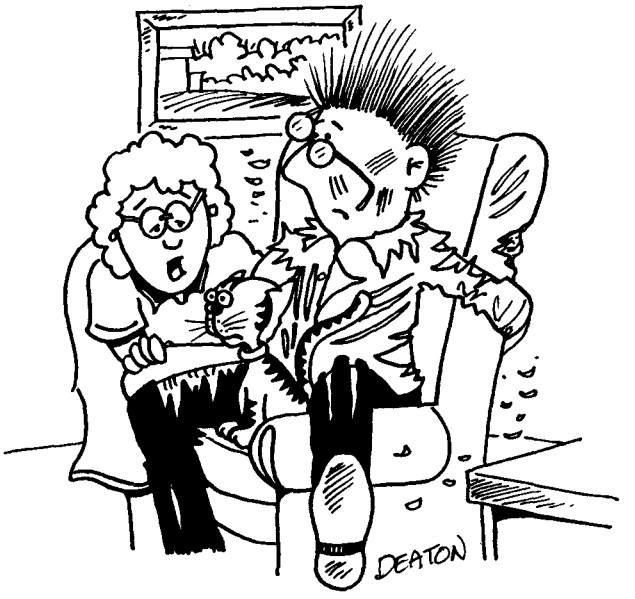
PURRFECTLY FUNNY

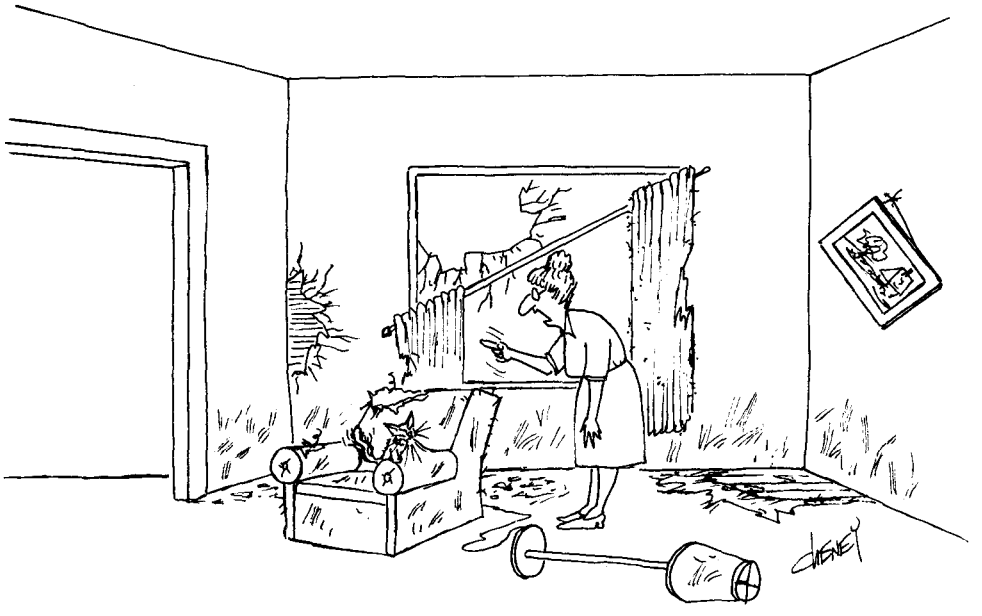


"The fish are gone!"





"Did Mommy's baby have an old nasty bad dream?"



"Now you just stop that!"

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Shown smaller than actual height of 18″

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Nicole

In The Tradition of 19th Century France — A Breathtaking Recreation of a Beautiful Antique Doll

The most elegant and beautiful aristocrats of the doll world are the 19th-century French Bébés—so rare that they may be found only in the world's finest museums and collections.

Now—The Hamilton Collection introduces a breathtaking reproduction of one of France's proudest doll masterworks: a stunning Bru Jné 6—crafted from molds taken directly from an original Bru Jné 6 worth more than $20,000.

Gifted doll artists hand-painted "Nicole's" porcelain face, shoulders and hands, and subtly blushed her cheeks, palms and fingers. A dot of color appears at the corner of each eye: the mark of a true Bru Jné 6. The crystal-weight eyes of "Nicole" are large, clear and brilliant blue, and her hand-stuffed body is made of 17 separate pieces of leather sewn together with care—*the only reproduction of its kind that can make this claim.*

"Nicole" wears a brilliant ensemble of teal blue: a flowing, taffeta gown, extravagant feather-trimmed bonnet, and pretty parasol. "Nicole's" coiffure has been achieved by means of a hand-curled mohair wig. Her ecru petticoat and pantaloons, her textured, knitted stockings, and her lace-trimmed undergarments complete the ensemble, along with black leather shoes and pierced earrings. "Nicole" comes complete with a special display stand as well.

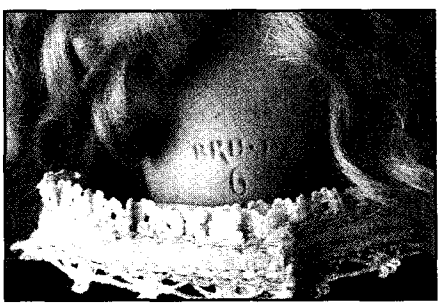
You could expect to pay between three and five times more for such an elaborate and authentic Bru Jné 6 reproduction, yet you may commission the creation of your own "Nicole" doll for just $195.00 (plus $3.60 for shipping and handling). What's more, *you need send no money at this time.* When your doll is ready for shipment, The Hamilton Collection will request your first of five equal installments of $39.72.

The Hamilton Collection *100% Buy-Back Guarantee* provides that you may enjoy "Nicole" in your home for up to 30 days before deciding whether to keep her. If you should return "Nicole" during that time period, you will receive a full refund of all you have paid, with no questions asked.

The creation of each "Nicole" doll involves a painstaking process of many months. Thus the number of dolls to be produced is accordingly limited. To earn a priority place within the crafting schedule for "Nicole," return your application today.

©1988, HC

Blue glass bead earrings accentuate finely detailed ears.



"Nicole" bears the official Bru mark on the back of her neck, shown here, and on her left shoulder plate. She also bears the hallmark of The Hamilton Collection, and is accompanied by an official Certificate of Authenticity.

Respond by: February 28, 1989

Limit: One doll per collector

Please accept my commission for "Nicole," with official Certificate of Authenticity and display stand provided at no additional charge. *I need send no money now.* Bill me for my deposit of $39.72* when my doll is ready for shipment, and the balance in four monthly installments of $39.72* each, after shipment.

Signature _____

Telephone No. (_____)_____

☐ Ms. ☐ Mrs. ☐ Mr. C7M3QDBA

Name _____

Address _____

City _____

State _____ Zip _____

FL and CA residents will be charged $2.39 and IL residents will be charged $2.79 for tax. *All applications must be signed and are subject to acceptance. Products shipped to the U.S. and its territories only.*

The Hamilton Collection
9550 Regency Square Blvd., P.O. Box 44051
Jacksonville, FL 32231

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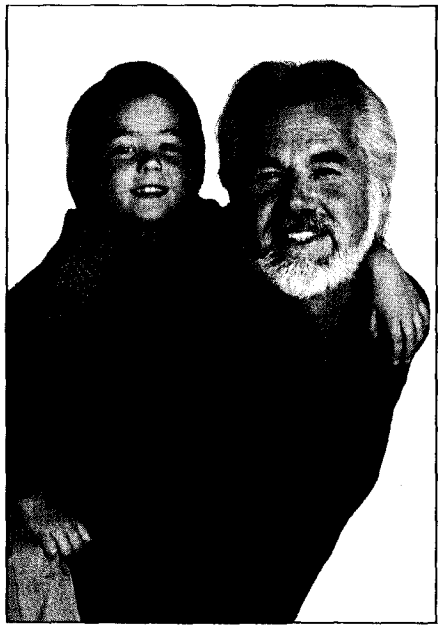
Post People

A bill that recently went into effect bearing the signature of ***Michael Dukakis***, governor of Massachusetts, prohibits newly hired police officers and firemen in his state from smoking cigarettes or cigars at home or on the job. Although the new law does not apply to current employees, it is sure to cut disability costs in the future. It is also hoped that this revolutionary measure will encourage other states to follow suit.

For his courage in signing such controversial legislation (opponents claim it is an invasion of privacy) and for helping to curb health-care costs in Massachusetts, Governor Dukakis surely earns the grade of A+.



Kenny Rogers, at 50, has decided to see less of the stage and more of his wife and his son Christopher. Rather than take his show on the road so often, he'll answer a new challenge—a one-hour talk-and-entertainment show on daytime television.

"Performing on stage is addictive, but part of the success for a man is knowing you've done your best and it's time to move on," Rogers told *McCall's* magazine.

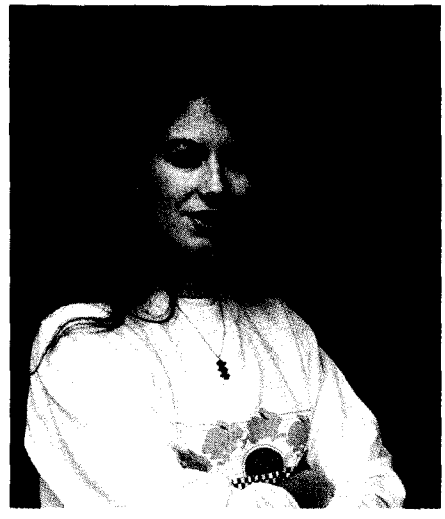
Although he hopes to keep entertaining as long as his idol, Frank Sinatra, Rogers says he also has fears that fans "have got to be getting sick of me." And then he adds, "But I'll keep singing as long as anyone's listening."

A new album to be introduced in January will afford Kenny Rogers fans an opportunity to prove that they have never felt better—and are still listening.

Upon returning from a trip to Ethiopia, ***Audrey Hepburn,*** a UNICEF special ambassador, said, "I had a broken heart. I can't stand it—the idea of 2 million people, many of them children, in imminent danger of starving to death."

The 59-year-old actress first heard of UNICEF when the relief organization brought relief to her—"saved my life," she says—after the war. Knowing starvation firsthand (having had nothing to eat but turnips and bread made from tulip-bulb flour), she can well relate to conditions in the war-torn areas of Ethiopia.

"It has made me terribly appreciative of food, good health, family—and human life," she says.



Amy Grant, the pop-gospel singer and four-time Grammy winner, is involved in two new projects.

For one, she has joined Habitat for Humanity International, a group that helps low-income people buy homes, and she has become one of its spokespersons on her current 58-city tour.

For two, she and her husband, the singer-songwriter Gary Chapman, have had their first child, Matthew Garrison.

"This year at the farm [in Franklin, Tennessee] we've had baby puppies, baby kittens, baby geese, and a whole herd of calves," Amy says. "And now a baby Chapman. There must be something in the water."

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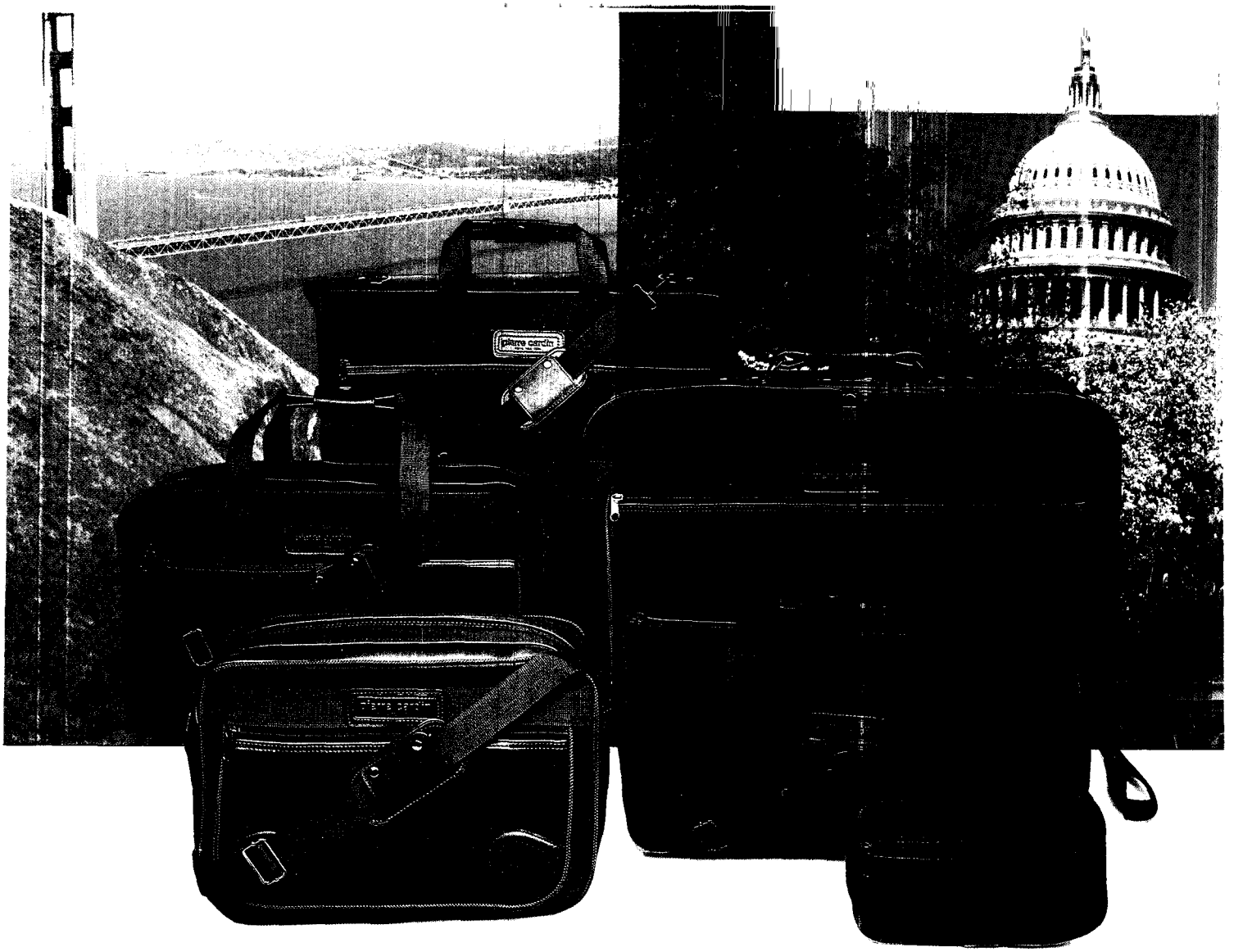

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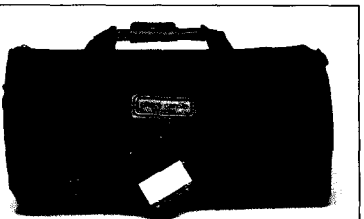

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FOOD

WELL-DRESSED POTATOES

Sack those old potato recipes—it's time for spuds to let their hair down and reveal their chic and sexy nature.

Potatoes are like librarians. For too long they've been taken for granted. They've been perceived as steady, reliable, thrifty, sensible, and even somewhat plain. But beneath that modest surface lurks a secret soul, both worldly and glamorous, at home in even the most elegant surroundings, and always ready for another adventure.

Moreover, this versatile vegetable manages to combine sophistication with virtue—a knockout merger. A single medium potato, which is nearly fat free, contains only about 4 percent of the calories needed for daily adult nutrition, but 35 percent of the vitamin C. Potatoes are rich in potassium, and potato skin is a wonderful source of dietary fiber. You could, as the Irish once did, almost live on the potent potato alone. As part of the daily diet, it can provide more iron than any other vegetable. And, to top it off, potatoes are among the most economical foods around.

Whether baked, riced, diced, mashed, hashed, broiled, or boiled, potatoes are a perfect partner to a main entrée, or they can be the main entrée themselves. The spunky spud can fit comfortably into breakfast, snacks, lunch, or dinner.

Experiment with these menu suggestions at the next opportune occasion, whether it's a lavish party or a simple intimate dinner for two. Dinner parties are excellent times to explore some of the more exotic outposts of the potato empire. Since potatoes were first brought by the Spanish from the Incan empire to Europe in the 16th century, they have spread to more than 120 countries around the world and have become an essential part of most of the great cuisines. In fact, they even have crept into some languages. Because they are so versatile, the word for jack-of-all-trades in India is *potato*.

Quick, easy potato Handwarmers are always ready for a party.

The potato's noble past aside, there is no better time than the present to appreciate the simple vegetable—and no better ways to dress up the spud than in the recipes that follow.

Handwarmers

Micro-bake as many potatoes as you wish, whatever size you wish. To bake, wash potatoes and pierce with fork. Place in microwave oven on rack or paper towel. Microwave at High (100%) 4-6 minutes for each potato; turn at least once during cooking. After removing from oven, let stand 2 minutes.

Cut ½" slice from small end of each potato, or halve potatoes. Carefully scoop out pulp; leave skins intact. Coarsely mash pulp with fork. Fill potato shells with one of the following recipes.

Chili-Cheese Handwarmers

For each cup of potato pulp, mix:

2 tablespoons canned, diced green chilies
¼ cup shredded Monterey jack or cheddar cheese
Salt to taste, if desired

Pack into potato shells, mounding tops slightly. Microwave at High (100%) about 1 minute for each potato to heat through. Wrap each potato in napkin to eat out of hand.

Flamenco Handwarmers

For each cup of potato pulp, prepare:

2 ounces extra-lean ground beef
2 tablespoons chopped onion
1 small clove garlic, minced
1 tablespoon tomato paste
¼ cup sliced pimiento-stuffed olives
¼ teaspoon hot-pepper sauce
Salt to taste, if desired

Cook ground beef, onion, and garlic in microwave dish, covered, at High (100%) until beef loses its pink color. Stir in tomato paste, olives, hot-pepper sauce, and salt. Add potato pulp; mix and cook at High about 1 minute per cup of mixture to heat through. Pack into potato shells, mounding tops slightly. Serve immediately, wrapped in napkin to eat out of hand.

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Garden-Salad Handwarmers

For each cup of potato pulp, mix:
1 tablespoon vegetable oil
1½ teaspoons white-wine vinegar
2 tablespoons chopped red onion
2 tablespoons chopped red bell pepper
2 tablespoons chopped parsley
Salt and pepper, if desired

Mix together all ingredients. Salt and pepper to taste. Pack into potato shells, mounding tops slightly. Serve warm or at room temperature in napkin to eat out of hand.

Note: Filled potatoes may be wrapped and refrigerated up to two days. Wrap loosely in plastic wrap and reheat at High (100%) 2-3 minutes per potato.

Thai-Style Salmon Potato Topper
(Makes 4 servings)

½ cup vertically sliced onion
1 tablespoon slivered fresh ginger root
¼-½ teaspoon crushed red pepper
1 tablespoon vegetable oil
1 pound Alaska salmon, thawed if necessary, skinned, boned, and cubed
2 cups broccoli florets
1 cup each *pea pods and tofu cubes*
1 cup vertically sliced cucumber, seeded if desired
2 shiitake mushrooms, rehydrated and thinly sliced (about ¼ cup)
¾ cup water
¼ cup vinegar
4 teaspoons packed brown sugar
1 tablespoon cornstarch
1 teaspoon grated lemon peel
Salt and pepper to taste, if desired
4 (about 8 oz. each*) Washington Russet potatoes, baked*

Sauté onion, ginger root, and red pepper in oil until onion is tender; add salmon and cook 3 minutes. Add broccoli, pea pods, tofu, cucumber, and mushrooms; cook until vegetables are crisp-tender. Combine water, vinegar, brown sugar, cornstarch, lemon peel, salt, and pepper; stir into vegetables. Cook until mixture thickens and boils. Slit baked potatoes lengthwise and open by gently squeezing from bottom. Spoon ¼ salmon mixture over each potato.

Entrée Potatoes with Stir-Fry
(Makes 2 servings)

2 (about 8 oz. each*) Washington*

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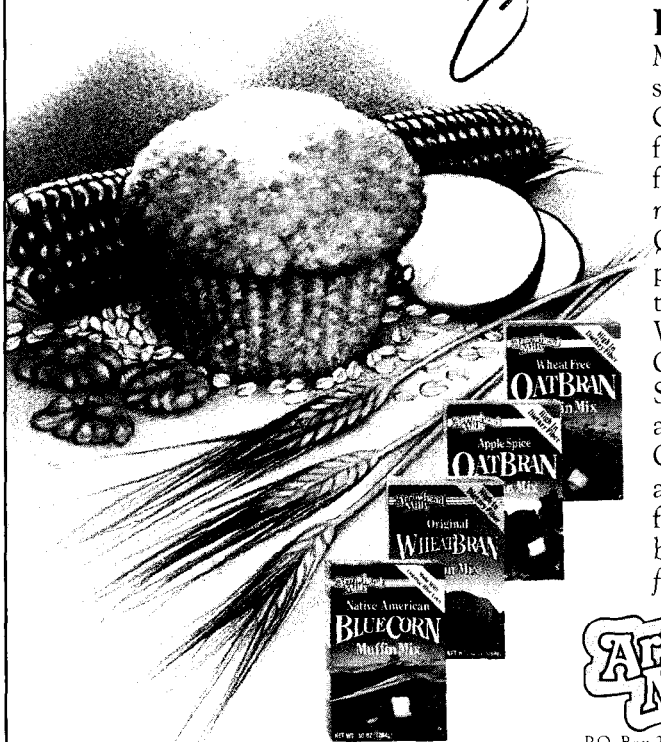

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Russet potatoes
Oil
6 ounces thinly sliced chicken breast or white-fleshed fish, cut into chunks
½ cup each *sliced mushrooms and green pepper*
¼ cup sliced onion
½ cup chicken broth
2 teaspoons each *cornstarch and soy sauce*
1 teaspoon lemon juice
½ teaspoon grated fresh ginger root or *¼ teaspoon ground ginger*
¾ cup bean sprouts
1 tomato, cut into wedges

Scrub potatoes; rub lightly with oil. Pierce several times with fork. Bake at 400° F. 50-60 minutes or until tender. Sauté chicken in 1 tablespoon oil until barely cooked and tender; remove from skillet. Sauté mushrooms, green pepper, and onion until crisp-tender. Combine broth, cornstarch, soy sauce, lemon juice, and ginger root. Add to vegetables with chicken, sprouts, and tomato. Cook and stir gently until sauce is thickened. Cut or pierce tops of potatoes lengthwise; squeeze ends and push toward center to open. Spoon ½ cup chicken mixture into each potato; pass remaining chicken mixture.

Crispy Half-Baked Potatoes
(Makes 4 servings)

2 medium potatoes (about ⅔ pound)
2 teaspoons olive oil
2 tablespoons grated Parmesan cheese
Coarsely ground pepper to taste

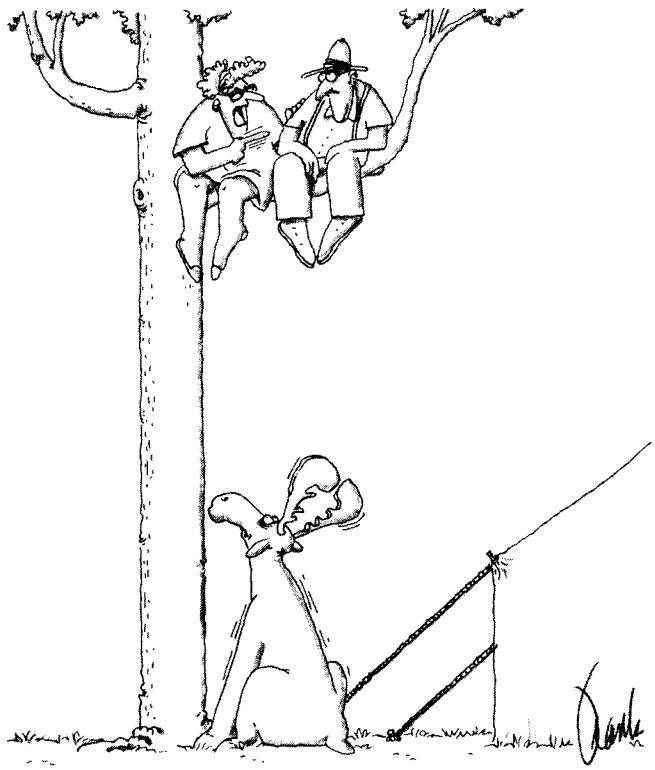
Halve potatoes lengthwise; brush surfaces with oil. Coat with cheese. Place in microwave baking dish. Microwave at High (100%) 4-6 minutes. Brown under broiler. Sprinkle with pepper.

Variations: Add 1 teaspoon lemon juice to oil before brushing potatoes. Add herbs of your choice to cheese before coating potatoes.

Conventional directions: Halve potatoes lengthwise; brush surfaces with oil-and-lemon-juice mixture. Coat with cheese; sprinkle with pepper. Place on cookie sheet, and bake at 375° F. 25-30 minutes.

Savory Herbed Potatoes
(Makes 4 servings)

1½ pounds (4-5 medium) potatoes, thickly sliced
1 cup canned whole peeled tomatoes, drained
½ cup chopped onion
2 cloves garlic, minced
¼ cup whole-wheat bread crumbs
¼ teaspoon thyme



"It's too late for apologies, Herb! I warned you not to wear your musk cologne!"

1 bay leaf

In 2-quart microwave dish, layer potatoes, tomatoes, onion, and garlic. Sprinkle top with bread crumbs and thyme. Tuck bay leaf into middle of mixture. Microwave at High (100%) 10-12 minutes; turn 1/4 turn 3 times. Remove bay leaf.

Washington Potato Bread
(Makes 1 loaf)

3 cups flour, divided
1 package active dry yeast
2 tablespoons sugar
1 teaspoon salt
½ cup cooked, mashed Washington Russet potatoes
½ cup low-fat milk
¼ cup margarine
1 egg, beaten

Combine 1½ cups flour, yeast, sugar, and salt in large mixing bowl; set aside. Heat potato, milk, and margarine until warm (110° F.). Margarine does not need to be melted. Add to flour mixture; blend well. Add egg; beat with mixer 3 minutes at medium speed. Gradually stir in remaining flour to make firm dough. Knead 3-5 minutes or until smooth and elastic. Place in greased bowl; turn to grease top. Cover; let rise in warm place about 1 hour or until doubled in bulk. Punch down; form into ball and let rest 10 minutes. On floured surface, form dough into loaf shape to fit 8½" x 4½" x 2½" loaf pan. Let rise about 30 minutes or until doubled in bulk. Bake at 375° F. about 50 minutes or until golden brown and bread makes hollow sound when tapped on bottom. Remove from pan and cool.

Fish Soup Saint Tropez
(Makes 6 servings)

1 tablespoon olive oil
2 onions, chopped
2 carrots, peeled and chopped
2 green peppers (or better yet, 1 green and 1 red)
2 cloves garlic, minced
1 can (28 oz.) whole peeled tomatoes
1 bay leaf
½ teaspoon dried red-pepper flakes, crushed
3 strips orange peel, each about ½" x 3"
½ teaspoon fennel seeds
½ teaspoon thyme
3 medium potatoes (about 1 pound), peeled and cut in ½" cubes
3 cups water
1 cup dry vermouth or white wine
2 pounds fresh or frozen fish (snapper, cod, bass, blackfish, or *halibut), partially thawed, if frozen, and cut in chunks*
½ cup minced fresh parsley
Salt and pepper, if desired

Heat oil in large pot or kettle and sauté onions, carrots, peppers, and garlic in hot oil until tender. Add

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tomatoes, bay leaf, crushed pepper, orange peel, fennel seeds, and thyme. Bring to boil. Add potatoes. Cover and simmer 10 minutes. Add water and wine and bring to boil. Reduce heat and simmer uncovered 5 minutes. Add fish and parsley and cook 2-5 mintues or until fish flakes easily (don't overcook). Remove orange peel and bay leaf. Season to taste with salt and pepper, and serve warm in bowls.

Harvest Potato Soup
(Makes 6-8 servings)

1 tablespoon margarine
1 onion, chopped
½ cup chopped green onion
4 cups chicken broth
3 cups pared, diced Washington Russet potatoes
2 medium carrots, pared and thinly sliced
1 cup thinly sliced zucchini
3 cups finely shredded fresh spinach
Salt, if desired

Melt margarine in saucepan; add onions. Cook, covered, over low heat about 5 minutes. Add broth, potatoes, and carrots. Simmer, covered, 15 minutes. Add zucchini; simmer 5 minutes. Add spinach and salt to taste; heat thoroughly.

Rainbow Potato Purées
(Makes 4-6 servings)

1 pound (3 medium) potatoes, peeled and cubed
½ pound peeled and chopped vegetables (your choice of beets, broccoli, carrots, parsnips, zucchini, or pumpkin)
¼ cup water
3 tablespoons low-fat yogurt

Place potatoes, vegetables, and water in 2-quart microwave dish covered with plastic wrap. Microwave at High (100%) 8-9 minutes; let stand 3 minutes. Remove plastic wrap; add low-fat yogurt. Mash with potato masher, leaving vegetable texture.

French Potato Scallop
(Makes 6 servings)

1 can (1 pound) stewed tomatoes
1 teaspoon grated orange peel
1 teaspoon salt, if desired
1 teaspoon basil
¼ teaspoon pepper
4-5 medium potatoes (about 1½ pounds), sliced ⅛" thick
1 pound lean ground beef, crumbled
1½ cups grated sharp cheddar cheese
Watercress sprigs of chopped parsley

In shallow 2-quart microwave dish, mix tomatoes, orange peel, salt, basil, and pepper. Add potatoes. Spread in even layer. Cover loosely with plastic wrap. Microwave at High (100%) 8 minutes. Stir, cover, and microwave at High 8 minutes more. Stir in beef and ½ cup cheese. Cover and microwave at High 10 minutes. Stir. Cover with remaining cheese. Microwave, uncovered, at High 5-8 minutes until potatoes are just tender. Let stand 5 minutes. Sprinkle with parsley.

Halibut Creole Potato Topper
(Makes 4 servings)

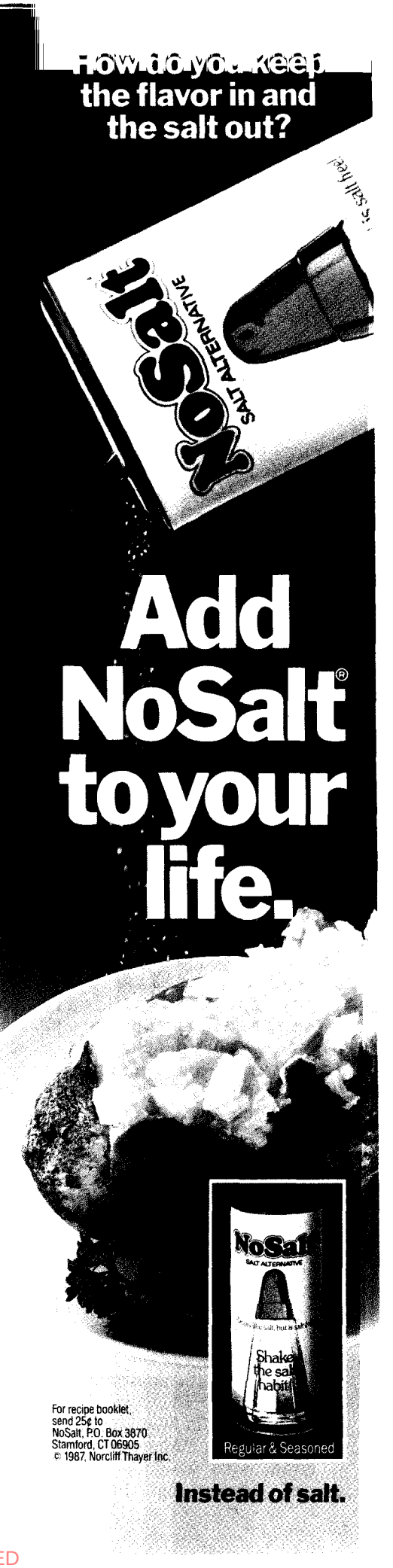
1 cup diced carrots
¼ cup chopped onion
4 teaspoons vegetable oil
1 tablespoon margarine
1 can (16 oz.) diced tomatoes
¼ cup chopped green pepper
½ teaspoon each *thyme, crushed, and chili powder*
¼ teaspoon salt, if desired
1 pound Alaska halibut, thawed, boned, skinned, and cubed
Pepper to taste
4 8-ounce potatoes, baked

Sauté carrots and onion in oil and margarine until crisp-tender. Stir in tomatoes, green pepper, thyme, chili powder, and salt. Bring to boil; add halibut and cook until halibut flakes when tested with fork. Season with pepper. Slit baked potatoes lengthwise and open by gently squeezing from bottom. Spoon ¼ halibut mixture over each potato.

Lean Marathon Stuffed Potatoes
(Makes 2 servings)

2 medium potatoes
⅔ cup low-fat cottage cheese
1 tomato, chopped and drained
¼ cup minced parsley
2 tablespoons minced chives or green onions
¼ teaspoon each *salt and pepper*
Dash dill weed, crushed
1 tablespoon grated Parmesan cheese

Bake potatoes at 400° F. 50-60 minutes or until tender. Remove lengthwise slice from each potato; scoop out pulp, leaving ¼" shell. Mash pulp; stir in cottage cheese, tomato, parsley, chives, salt, pepper, and dill weed. Fill shell with mixture; sprinkle with Parmesan cheese. Bake at 400° F. 15 minutes or until thoroughly heated.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LIFE'S PET PEEVES

FAREWELL TO FOXY

Saying good-bye to the family pet can be a heart-rending decision.

by Diana D. Zentay

Foxy, our beloved dachshund, was dying. No one in the family could bear to say it, but we knew it was true.

He was no longer the pet who greeted each of us with wild enthusiasm, or the pet who patiently listened to the children's whispered confidences. He was no longer impatient and eager for his walks. He no longer watched television with the children (it had always seemed he understood every word).

Foxy's body was riddled with cancer. He was skin and bones. What little he ate, he vomited. He couldn't control his bladder or bowel movements. His large brown eyes —normally so full of sparkle and fun—were filled with pain and fatigue.

Despite our agony in watching Foxy's deteriorating condition, neither my husband nor children—and certainly not I—could bring themselves to call our veterinarian and say, "We want you to put Foxy to sleep."

Only when we were going on a long-planned vacation, leaving the house and Foxy in the care of a young man from my husband's office, did we make this painful decision. I was willing to make the effort to care for Foxy, but I couldn't ask a housesitter to do that. But, the truth was, we were all coming to the conclusion we were keeping Foxy alive for us, not for him. For him, death would surely be a welcome relief.

With heavy hearts, we gently put Foxy into the car and carried him to the vet's office. He looked up at us with complete trust. Our veterinarian greeted us with compassion. Several minutes after our arrival, Foxy breathed his last. On the way home, none of us spoke. Weeks passed before we could even mention his name.

The decision to end a pet's life is heartrending. Many people don't know when the appropriate moment has arrived. Dr. Ann Stohlman, a veterinarian in Washington, D.C., is sympathetic. "Many people ask me, 'Ann, what would *you* do?' But I can't answer that. Each pet, each owner, each situation is different."

For example, a young mother with three small children may be less willing to care for a sick pet than an elderly woman who lives alone.

Illnesses of pets differ. Some suffer from terminal sicknesses that make the pet slowly deteriorate. But other pets may become ill quickly and unexpectedly. A pet may be hit by a car or have a sudden physical problem. A dachshund who was a friend of Foxy's developed a severe back problem overnight. The dog was paralyzed from the waist down. In such cases, the pet is usually younger, and the decisions to put the pet to sleep are even more difficult.

After years of veterinary practice, Dr. Stohlman suggests a pet owner should ask himself or herself the following questions:

1. Is your pet still a "happy" pet? Is it comfortable or in pain? Does the pet still eat or purr or wag its tail or greet you at the door in the way it always has? If not, this may be indicative of its physical situation.
2. Are you still happy with your pet?
3. How much tolerance do you have for the extra care required by your pet?
4. Is your pet a burden or a joy?

Dr. Stohlman urges owners to answer these questions truthfully. She stresses the owner must understand there is no right or wrong decision.

Once a pet has been put to sleep, the owner may feel guilty. Most people can't talk to their friends about such matters. It seems silly to confess deep emotional attachment to an animal, although many people feel such a bond.

Dr. Stohlman says professional help for owners is increasingly available. Many veterinary schools provide classes on death and dying. Many mental-health centers have counselors skilled in helping those grieving the death of a pet.

An excellent resource is a book called *Pet Loss,* by Herbert A. Nicburg and Arlene Fisher, published by Harper & Row. This book deals with all aspects of pet loss, including how to handle children's grief.

Even with this kind of help, the decision is never easy. "My best advice," says Dr. Stohlman, "is to let the animal die with dignity." Which is, after all, the best one could ask for a human being.

Questions for the Vet

A letter from Angela Rader of Detroit, Michigan, concerning her dog, Maggie, appeared in the September '88 issue of the *Post*. Maggie suffers from flaky and scabby skin; she rolls

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in dirt and leaves to relieve the itching. Angela's budget for veterinary care is limited.

Angela, the following readers have written with helpful suggestions.

Dear Dr. Whiteley,

I have a dog with what sounds like the same problem Maggie has with scabbed sores. I have found success with Ammens medicated powder for diaper rash, costing less than $3. The dog must be completely dry before allowing it to get in the dirt and leaves. Dogs do that to dry off, so towel dry the dog and put some sheets or even dirty laundry on the floor for it to roll in after bathing. When the dog is thoroughly dry, sprinkle the medicated powder all over its body, concentrating on the infected places. This treatment has really helped my dog. I hate to think what it would feel like to roll in the dirt and leaves after my bath. Dogs itch for the same reasons that people itch.

Mrs. H. Alexander
Granite Shoals, Texas

Dear Mrs. Alexander,

Thanks for your suggestions. Medicated powder acts as an astringent or drying agent, which is beneficial in some moist skin conditions. Powders also protect those areas of the body subject to friction.

H. Ellen Whiteley, D.V.M.

Dear Dr. Whiteley,

I am writing in response to Angela Rader's letter about her dog, Maggie. Perhaps the Humane Society in Detroit, Michigan, has a plan to help senior citizens on limited incomes by absorbing all or part of the vet bills. I am 67 years old, and Social Security is my only source of income. I was approved by the Humane Society to have free vet care for my dog, Penny, who suffers from skin allergies. She also has her yearly vaccinations given free of charge. The Purina Dog Food people also have a program for senior citizens with animals.

I have found that adding a tablespoon of corn oil to Penny's diet helps to alleviate dry, itchy skin.

Doris M. Schafer
Rochester, New York

Dear Doris,

Great advice! Many nonprofit organizations such as the Humane Society, S.P.C.A., and the Animal Rights Association have low-cost programs for qualifying senior citizens.

The Purina Pets for People is an excellent program. This program matches persons 60 years of age or older with homeless shelter pets. For every adoption made, the Ralston Purina Co. donates $100 to the participating animal shelter to cover adoption costs. More than 100 full-time shelters in more than 100 cities across the country participate in the Pets for People program on a year-round basis. Call your local animal shelter to find if it offers this program to senior citizens.

Dogs with scaly skin due to seborrhea often benefit from the addition of fat to their diets. Safflower oil is the richest source of essential fatty acids, followed by corn oil and soybean oil. One teaspoon of fat for each cup of dry food or 1 teaspoon per can of moist food can be added.

H.E.W.

Dear Dr. Whiteley,

In the September 1988 issue, Karen Green and her Pet Finders company in Amarillo, Texas, are mentioned. I was particularly interested in the Pet Finders Reward Packet.

May I have an address or phone number to obtain additional information? Southwestern Bell has no listing for "Pet Finders."

Thank you.

Suzan Nelson
Austin, Texas

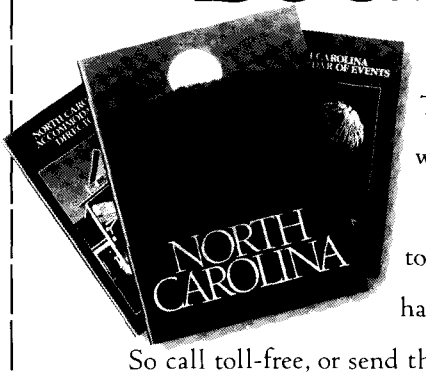
Dear Suzan,

The Pet Finders Reward Packet includes a typeset poster, as well as a booklet and cassette tape with step-by-step instructions for pet detectives. The packet sells for $12.95 and can be obtained by writing Karen Green of Pet Finders, 5105 Farmers Ave., Amarillo, TX 79110. Telephone: 806-358-2123.

H.E.W.

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

THE ADVENTURE BEGINS WHERE THE BOOK ENDS.



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High-lysine* popcorn! It's a great idea, but genetic engineers have yet to come up with a high-lysine corn that will pop. *Post* readers know all about the health benefits of feeding high-lysine corn to chickens and pigs. Many of you have received gift packages of high-lysine cornmeal from the Society, and you tell us how good it tastes. Now we want to promote the value of high-lysine popcorn as an ideal high-fiber snack, especially if it can be eaten with as little salt as possible. You will add the lysine via our Lysine & Less Salt. After trying a lot of popcorns, your Society voted on Orville Redenbacher's (butter, artificial flavor) as the best *salt-free* corn for popping and for taste. Then we rationed out just enough Lysine & Less Salt to make our two gift packages of Orville Redenbacher's popcorn taste delicious. We believe we are killing three birds with one stone: You'll be getting a *high-fiber* snack with *high-lysine* popcorn and *low salt*. Lysine & Less Salt also contains potassium, which is good for you, and just enough sodium chloride to make you finish the bag of popcorn with relish. (No, don't go putting relish on your popcorn—you know what we mean.)

Why do we encourage you to limit the salt habit? For the same reason doctors refer to this staple as a killer. Cardiologists don't understand exactly why, but about 15 percent of our population can't eat the amount of salt in the ordinary American's diet without developing high blood pressure as they get older. The problem is that we don't know which 15 percent will be so handicapped. Therefore, it behooves all of us to cut down on table salt. The palate soon adjusts.

High blood pressure afflicts some 60 million Americans and often produces no symptoms until it has done irreparable damage that can lead to heart attacks, kidney failure, and strokes. Some researchers now believe that our salt-

*Lysine is called an essential amino acid because it isn't synthesized by the body as are the nonessential amino acids. It must be supplied by the diet.

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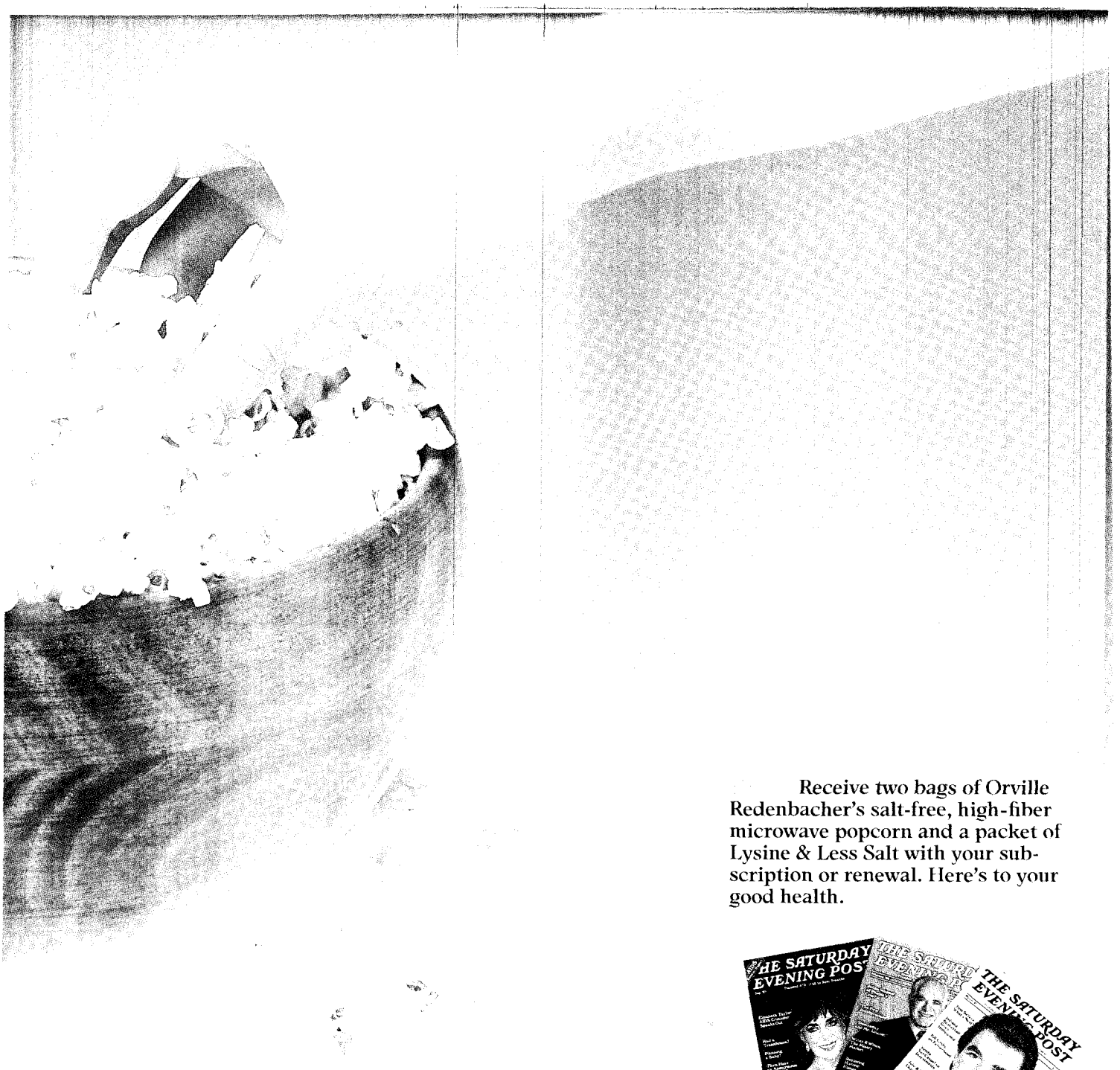

Receive two bags of Orville Redenbacher's salt-free, high-fiber microwave popcorn and a packet of Lysine & Less Salt with your subscription or renewal. Here's to your good health.

heavy American diet is the reason we have many more asthmatic children than are found in countries without our salt habit.

While you're enjoying your popcorn, the entire family will also enjoy the *Post*. Each issue addresses health and medical matters, as well as subjects like home repair and improvements, personal finances, religion, education, and travel. You'll find articles about gardening and nutritious recipes in every issue of the *Post*.

And you'll meet political figures, sports stars, and celebrities from all facets of the entertainment world. Each issue will bring an ample supply of healthy laughter from the *Post's* humorous stories, cartoons, and legendary "Post Scripts."

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A SURVIVOR'S GUIDE TO NEW YORK CITY

Most new visitors to Manhattan worry about the crime. Well, fret not. There's no more crime in New York than, say, in Chicago during the Al Capone era.

by John Bohannon

Illustrated by Don Trawin

If you're planning a visit to New York City, Times Square is a good place to buy nifty souvenirs, such as small replicas of the Statue of Liberty and the Empire State Building, or coffee mugs and drinking glasses with the slogan "I Love New York." And there's a store on 42nd Street just off Broadway where you can buy a bulletproof vest. The vest doesn't have the "I Love New York" slogan, but you could ask for something special, such as "Nyah, Nyah. You Missed."

Not that you'll need such a protective device. But it's nice to know that it's there, much the way many people feel about Mayor Ed Koch. He's one of the first New Yorkers you'll see. He's a tall, slightly overweight man with a cherubic face, balding with tufts of unruly hair sticking out on each side, and his suit may look a little wrinkled and rumpled. You've probably seen him on the Johnny Carson show talking about the books he has written, or just talking about himself. He keeps a high profile around New York City as well as the rest of the country, and he's fond of asking, "How'm I doin'?" in a high, whiny voice that makes most people want to say, "Oh, you're doing fine, Mayor. Not to worry."

There are some other things you'll need to know about New York—which is usually pronounced "Noo Yawhk." The following is a collection of helpful hints not found in a typical tour-guide booklet.

One of the first things you'll notice about New York is that everyone is in a hurry. Even the pigeons walk fast. (They don't fly. The license costs too much.) People break into a jog without warning, often because of a rumor that a nearby apartment is vacant or a parking space has become available. New Yorkers always break

One of the first things you'll notice about New York is that everyone is in a hurry. Even the pigeons walk fast.

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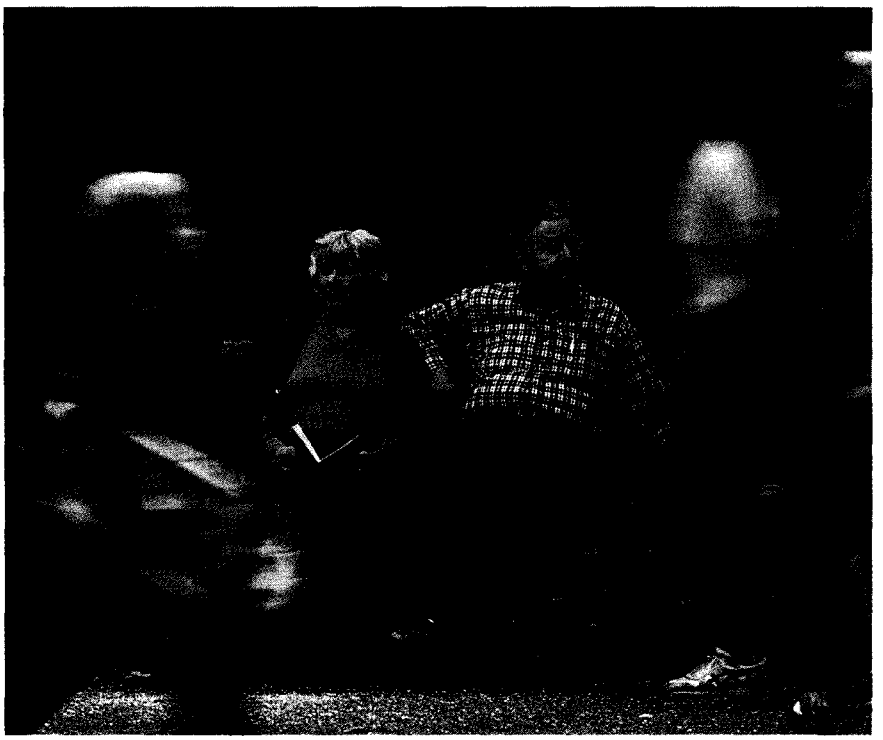
Many symptoms of aging are really symptoms of lack of exercise.



Stiffness. Shortness of breath. Extra weight. Simply, a lack of energy to do the things you enjoyed at a younger age.

Too many older Americans believe these physical and other limitations are a natural occurrence of aging.

When, in many cases, these symptoms can disappear in a matter of months with the right kind of regular exercise.

Exercise. The closest thing you'll ever find to the fountain of youth.

Many health and fitness experts believe that exercise can actually slow down the aging process.

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into a run when crossing streets. Some experts say the "DON'T WALK" street signs actually mean "RUN." People start running when they're within two blocks of closing subway or elevator doors. And most natives lunge desperately for a revolving door as though it's the last available space in the world. You just have to move fast. One survivor says, "Lead, follow, or get out of the way."

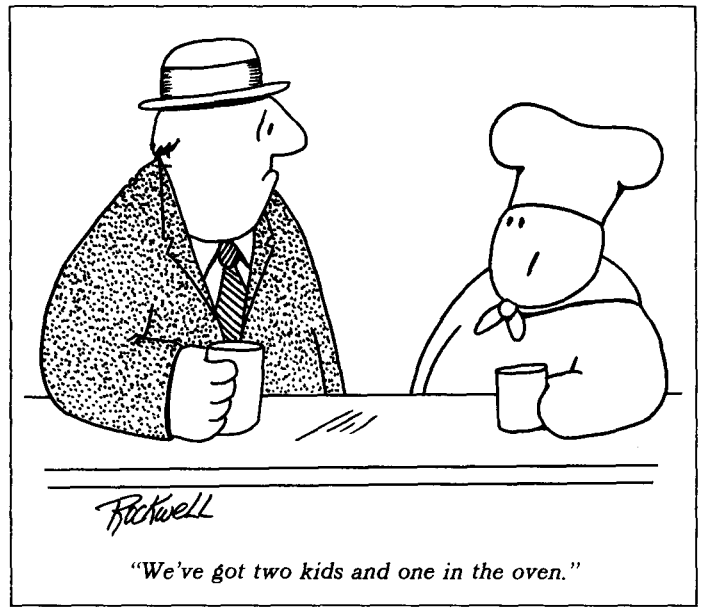
In New York, one-dollar bills are called "singles." And if you want to be among the cognoscenti, drop into a deli and ask for "a bagel with a schmear." A bagel, to some tastes, is a doughnut made of hard rubber. It usually comes sliced in half with a "schmear" of cream cheese dolloped in the middle. Deli cream cheese often tastes like Elmer's glue, but you can wash it down with a "regular" coffee, which means with milk and sugar.

New Yorkers seldom make eye contact with anyone unless they've exchanged a written agreement not to take each other to court in case of a misinterpreted raised eyebrow. It's just local custom not to look anyone in the eye, even when asking directions. When asked for directions, a New Yorker will keep moving and with a nod of the head say, "Thataway," which means either that your destination is a block away, or that you could walk west until your hat floats.

It's easy to tell the difference between a native New Yorker and a tourist. The tourist will be smiling, looking up at the tall buildings, and nearly getting wiped out by an errant taxi or a galumphing charter bus with a destination sign that says "Have a Nice Day." The native New Yorker frowns and keeps his eyes down on the sidewalk or shifts his eyes from side to side watching out for bicycle messengers going the wrong way on a one-way street or sailing through a red light. The typical New Yorker is also easy to spot because he'll be the person complaining about something. New Yorkers complain about everything. It's too hot. Or too cold. Or too expensive. Or too cheap. They complain when something's not worth complaining about.

Most visitors to Manhattan worry about the crime. Well, fret not. There's no more crime in New York than, say, in Chicago during the Al Capone era. Sorry. A slight exaggeration.

If you have a lot of bracelets, necklaces, rings, and other flashy jewelry, leave it at home, or put it into the hotel's safe-deposit box before you go out. Chain snatching is a popular sport, so "if you've got it, don't flaunt it," as a recent anticrime campaign warned. And never count your cash in public unless you're feeling philanthropic and would like to close the gap between the haves and the have-nots of New York City.



"We've got two kids and one in the oven."

Keep away from the street vendors who sell "bargain" watches. Most of them are counterfeit copies of brand names. They are designed to stop working as soon as you're on the plane heading for home.

Another popular scam involves the disreputable street bum who looks as though he hasn't changed his clothes or been acquainted with a bathtub since 1973. He usually appears a bit tipsy and mutters something about finding some valuable coins in an envelope marked "rare." They do indeed look rare and valuable. One recent incident involved an 1852 gold half dollar, a 1903 nickel, and a 1971 gold Mexican centavo. The street bum told a passerby he was trying to reach a "Dr. Thompkins," whose name and phone number appeared on the envelope he had found. The victim went with the bum to a public phone and dialed the number. A receptionist answered and put Dr. Thompkins on the line, and he explained that he was a coin collector and he would pay a generous reward for the return of his valuable coins. "Give that man anything he wants," Dr. Thompkins said, referring to the street bum, "and I'll reimburse you and pay you a $650 reward for my coins."

At this point the victim usually gives the street bum $50 or $100 and takes the coins to the address the man on the other end of the line has given. Naturally, no one at that address has heard of a Dr. Thompkins—whose office was actually a pay phone—and the coins are worthless, usually costing no more than 25¢ from a dealer. This is an old scam that several thousand people have fallen for. And interestingly, most victims are native New Yorkers. Tourists, according to the police department's Special Frauds Division, seldom fall for the con.

Tourists also seldom give money to panhandlers on the street. Again, native New Yorkers are the most generous. Mayor Koch recently went on a public campaign urging people to "Just Say No" to street beggars, on grounds that, in his opinion, most of the money goes for booze and drugs. And not long ago the mayor clamped down on what he saw as another menace—the people who run up to cars stopped for traffic lights, wash windshields, and wait for a tip. Apparently he was afraid the practice might spread to airport terminals and bus stations. Vagabonds with washcloths might descend on arriving tourists, wash their faces, and expect a tip. Well, who knows? It could happen only in New York, where a drink called an egg cream has neither egg nor cream, and where "Houston Street" is pronounced "Howston Street."

And if there's a mysterious knock on your hotel-room door late at night, just listen. You'll probably hear someone say, in a whiny voice, "How'm I doin'?"

It's the mayor just checking up on things. Tell him he's doing fine, and go back to sleep. You've got a busy day ahead of you tomorrow.

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GROWING THE "FORBIDDEN" FRUIT

Hothouse and shipped-in "pink cotton balls" are not for this indoor gardener who has found a way to raise tangy tomatoes on her window sill in winter.

by Doreen G. Howard

About the time Uncle Sam puts on the tax squeeze, you can squeeze some home-grown tomatoes—if you plant now. Seeds pressed into pots in January and nurtured on well-lit window sills will provide juicy fruit by April 15. And as the weather warms, the pots can be moved outdoors to produce bumper crops when tomato transplants are normally only first appearing in gardens.

Like anyone who grows tomatoes in the garden, I used to spend the winter months pining for a tangy home-grown tomato. What made the yearning worse was the taste (actually the lack of taste) of the only thing available—hothouse tomatoes.

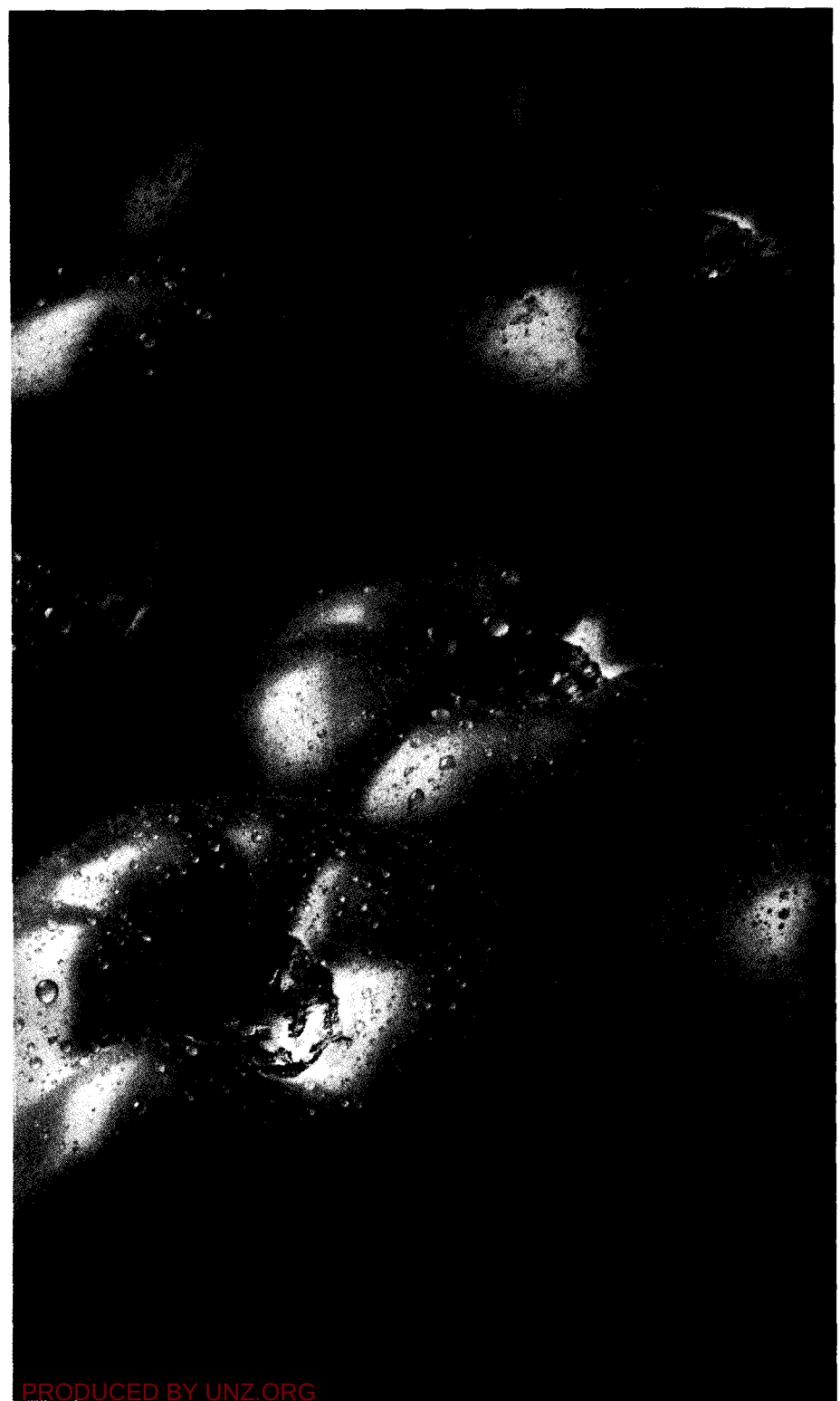
Protesting for my tastebuds, I boycotted the cellophane sleeves of wax fruit. It was the best I could do to avenge the flavor bandits until I took a real look at my houseplants three winters ago.

Ferns and palms thrived; begonias flowered, brightening the icy January view; and sweet-potato vines sprouted from a mayonnaise jar of water and twined around my dining-room window. Why not a tomato plant?

I unearthed a half-used package of cherry-tomato seeds and pushed a few into a flower pot. On April Fools' Day, I popped the first ripe fruit into my mouth. I knew then I never had to suffer again.

You don't have to endure those tasteless $1.39-a-pound pink cotton balls masquerading as tomatoes. Following five easy steps will bring you flavorful fruit.

1. *Provide 14 hours of bright light daily.* South- or west-facing windows are ideal. To ensure sufficient light, add an inexpensive fluorescent shop light. The four-foot-long fixtures (often available at discount stores for less than $15) plug into electrical outlets, and they can hang by chains or nylon ropes from ceiling hooks. A



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Fact:

"The Toy Maker," 1977 first issue in the *Rockwell Heritage* series from Knowles China, now trades at an exceptional 1,000% of issue price.*

Fact:

"Tender Loving Care," a new Rockwell Society issue from Knowles China, is available for $19.90.

You can draw your own conclusions from the facts above. But at the Bradford Exchange, the world center of plate collecting, we know that Rockwell Society first issues are enjoying considerable success. And "Tender Loving Care," the first issue in a new Rockwell Society series, could easily post big gains on the secondary market.

Consider the evidence.

It's a genuine work of art.
"Tender Loving Care" introduces a new collector's plate series by America's best-loved artist. Certified by the Rockwell Society of America and authorized by The Norman Rockwell Family Trust, each plate is fired to Knowles' rigid quality standards and is accompanied by a Certificate of Authenticity.

It is a landmark Rockwell issue.
"Tender Loving Care" was especially selected to inaugurate the *Norman Rockwell: The Ones We Love* collection because it conveys the message of caring that—like all Rockwell's best work—has an appeal both universal and timeless. Michael J. P. Collins, President of the Rockwell Society, has said that this plate will "serve as a tribute to the memory of a great artist." Not all plates go up in value; some go down. But this landmark plate series is almost certain to generate strong market demand.

And it's likely to increase in value.
Rockwell Society plates—especially first issues—are steady market values (six of the top ten Rockwell plates trading on the secondary market are Rockwell Society issues, while Rockwell Society first issues currently average 378% of issue price), so it's a good bet that "Tender Loving Care" may quickly rise above its $19.90 issue price.

*As reported in the Bradford Exchange *Current Quotations*® 16-5.

"Tender Loving Care"

by Norman Rockwell ©1988 Knowles®
First plate in the *Norman Rockwell: The Ones We Love* series from the Edwin M. Knowles China Company.
In full color on fine china. Actual diameter: 8½ inches

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Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage, without the necessity of a resale transaction.

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YES. Please enter my buy-order for "Tender Loving Care," first plate in the *Norman Rockwell: The Ones We Love* series. *Limit: one plate per customer.*

I understand that I need SEND NO MONEY NOW. I will be billed the $19.90 issue price, plus $2.79 for postage and handling, with shipment.

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Please respond promptly: Plates are produced in a limited edition, and we can guarantee availability at issue price only until the edition is sold out. We'll ship your plate in four to six weeks.

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light fixture can turn a north or east window into an acceptable growing area.

When seeds are planted, lower the light to within 18 inches of the pots to speed germination. As seedlings grow, raise the fixture closer to the ceiling. This step guarantees sturdy plants.

If only sunlight is available, plants will grow tall and lank. A leggy plant can produce a good-quality tomato, but yield per plant will be lower than if supplemental lighting is used.

Finally, rotate containers a quarter turn once a week so that the plants do not grow unevenly toward the light.

2. *Choose tomato varieties that grow well indoors.* Early-maturing tomatoes and indeterminates (tomatoes that produce fruit over a long period) are the best. One of the earliest maturers, Quick Pick, produces ripe tomatoes indoors in 60 days. Recommended varieties and sources for the seeds are listed at the end of the article.

Varieties that develop fruit in clusters, such as Red Robin cherry tomato, Yellow Pear, and Roma, are especially prolific indoors.

3. *Seed tomatoes directly in containers.* Use old flower pots, tubs, hanging baskets, or even plastic-foam ice chests. Make sure each has a drainage hole. Fill the vessels half full of good-quality potting soil, and drench them with water. The bathtub is a good place to corral the mess of potting, watering, and seeding.

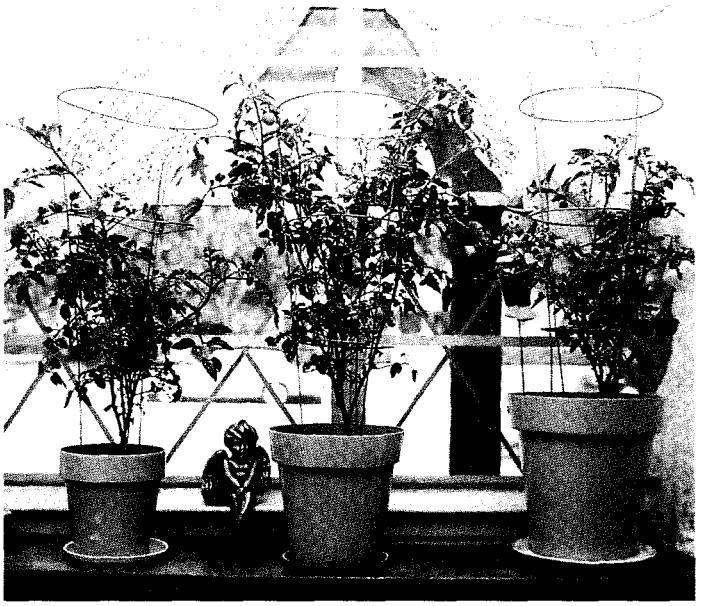
After the soil has drained, press six seeds into all containers. Place them under fluorescent lights or in a sunny window. Keep the soil damp until germination.

Thin out the seedlings to the two strongest in each pot. When the second set of true leaves appears, cut off the weakest plant in each container. After the plant grows taller than the pot, strip off all the leaves except the top two clusters and top off the container with more potting soil. Roots forming along the buried stem will produce a vigorous plant capable of bearing heavy crops.

4. *Pollinate the flowers.* Tomatoes need help to pollinate indoors. Normally, wind and insects aid the process outside. When yellow flowers appear on plants, shake or tap the stems daily. (Greenhouse growers use electric toothbrushes to vibrate their plants.)

5. *Water and fertilize the plants regularly.* Check the containers every day. Water them if the soil is dry when the index finger is pushed into the dirt up to the second joint. Add enough water that the excess flows from drainage holes.

Fertilize the tomatoes every week with a dissolvable, dry fertilizer, such as Miracle Gro or Rapid Grow. Use a diluted mix of one teaspoon fertilizer to one gallon of water.



Properly tended tomato plants flourish readily in a sunny winter window and produce ripe fruit in about 60 to 90 days.

Pot Size Makes a Difference

Tomato plants of the same variety raised identically—seeded on the same day, watered alike, fertilized alike, and subjected to the same light—but grown in unlike-size pots will bear fruit differently. The smaller the pot, the faster a plant will come to maturity and ripen its fruit. A one-gallon container (equivalent to a deep six-inch flower pot) is the smallest pot that will support growth of a healthy tomato plant.

The optimal container size is three gallons (a ten-inch flower pot). Plants staked or caged and grown upright in these pots bear fruit early and heavy. Hanging baskets of the same diameter support prolific producers too. Because of their natural vining tendencies, cherry or pear tomatoes are best for hanging containers.

Large tubs (five gallons and larger) do not produce sizable plants or crops indoors. The plants are slow to grow, flower, and ripen fruit. However, the vines of large-container plants explode with growth and fruit when moved outdoors after weather warms. These larger tomato plants continue to bear fruit prolifically throughout the summer.

To hurry along the tomato season, seed some three-gallon pots with quick-maturing tomatoes, hanging baskets with cherry or pear types, and large tubs with heavy-producing varieties. Not only will you have tomatoes bursting with taste in April, but you will also have crimson whoppers kissed by the sun in May or June—months ahead of any other gardener in your area.

And next fall, if you plant more pots of tomatoes indoors, you can dine on home-grown tomatoes for Christmas.

Best Varieties

Early Maturing

• Quick Pick • Porter
• Early Cascade • Manapal

Heavy Croppers
(good for large tubs too)

• Stakeless
• Park's Whopper
• Better Boy • Roma
• Super Bush

Basket Types

• Red Robin • Goldie • Yellow Pear
• Toy Boy • Tiny Tim

Best Sources

• Gurney Seed & Nursery Co., Yankton, SD 57079. Call 605-665-1930 for free catalog and to order.

• George W. Park Seed Co. Inc., Hwy. 254 North, Cokesbury Rd., Greenwood, SC 29647-0001 or call 1-800-845-3369 for free catalog and to order.

• Porter & Son, P.O. Box 104, Stephenville, TX 76401-0104. Mail orders only. Catalog is free.

• Shepherd's Garden Seeds, 6116 Highway 9, Felton, CA 95018. For credit-card orders and catalog ($1.50) call 408-335-5311 or 203-482-3638.

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"We were in Germany on the very first day of our vacation and my feet were already killing me. I thought a pair of more comfortable shoes might help and I fell in love with a pair in a shoe store in Wiesbaden, Germany.

"But when I tried them on, they hurt, too. I explained my problem of sore aching feet to a friendly clerk and he pointed to a counter display and said, maybe I needed a pair of special Leather Insoles.

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"I had sore feet for a long time, but not anymore thanks to your insoles."
E.S., Lancaster, PA

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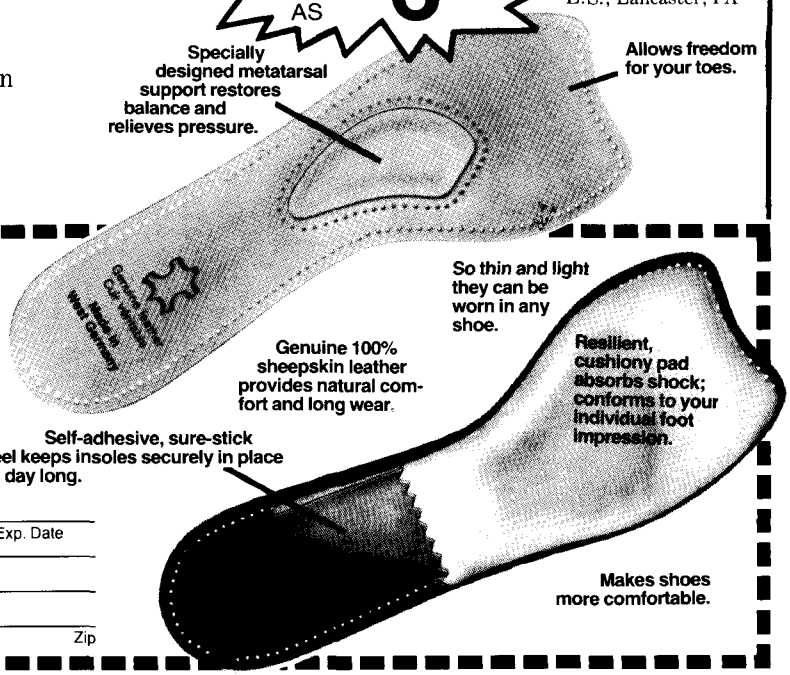
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POST SCRIPTS

Season's Beatings

Our present troubles seem to be that too many adults and not enough children believe in Santa Claus.

—B. Bader

Take My Hand . . . Lead Me On

A minister was speaking out against sexy movies to a civic group.

"Look at the filth the movie industry is giving us," he cried. "A mistress kills her lover because he goes home to his wife. Then she drives 90 miles an hour through city traffic in a convertible practically naked! The high-speed chase ensues with multicar wrecks, and a hotel is set ablaze with people running from their rooms without any clothes on. What do you make of that kind of movie?"

A voice in the back said, "Where's it playing?"

—James Curnane

Really an Amateur

"So," the judge said, looking over his notes at the defendant, "are you a professional forger?"

"I thought I was, sir," the defendant said, "until I got caught."

—Rollin Moseley

"You know very well 'what fish'!"

Bedder Beware!

(or, Eight Sure-fire Ways to Irritate a Bedridden Hospital Patient)

1. Indicate how the hospital gown would provide just enough material for making a shirt for your pet Chihuahua.
2. Bring the patient magazines on sky diving, power lifting, and the joys of sex.
3. Thump your foot against the side of the bed to the beat of the old disco hit "I Will Survive."
4. Tell the nurse the patient once drank ten bottles of beer without having to go to the bathroom.
5. Mention how meager the hospital's food portions always are, and then proceed to steal items from the patient's plate.
6. Comment on how the patient's green skin color would go perfectly with your living-room furniture.
7. Have contests to see who can contort the patient's body the most using the multipositional bed controls.
8. Finally, insist on how much the patient's doctor looks like a recently escaped prisoner from the nearby penitentiary.

—Michael J. Wich

Tripped and Fallen

Vacation is a time of relaxation,
A time to sleep and read,
And a time when you take twice as many clothes
And half the money you need.

—Olga McCoy

The Crate Pretender

A woman had just bought a brand-new station wagon to accommodate

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her growing family. The car was equipped with all the options she could get, including side wood paneling. She proudly drove it home and showed it to her husband, who took one look at it and proceeded to rip all the paneling off. Then he stepped back to look at it again.

"Gee," he said, "I think it looked better in the crate."

—Bert Lee Hudson

Just Plain Nosy

From this income-tax form,
It is crystal clear to me
That the IRS denies us
Any right to privacy.

They want to know how much
Of my income is unearned,
A thing I hope my boss
Himself has never learned.

How does this concern them?
What difference does it make
To the IRS if I slip out
For an extra coffee break?

—Henry F. Hill

Drawing the Line

There's a line on the ocean where, by crossing it, you can lose a day. There's a line on the highway where, by crossing it, you can lose more than that.

—Thomas LaMance

No More, No More

No more donuts, no more pies;
No more pastries will I buy.
No more peanuts, no more chips;
No more pretzels, no more dips.

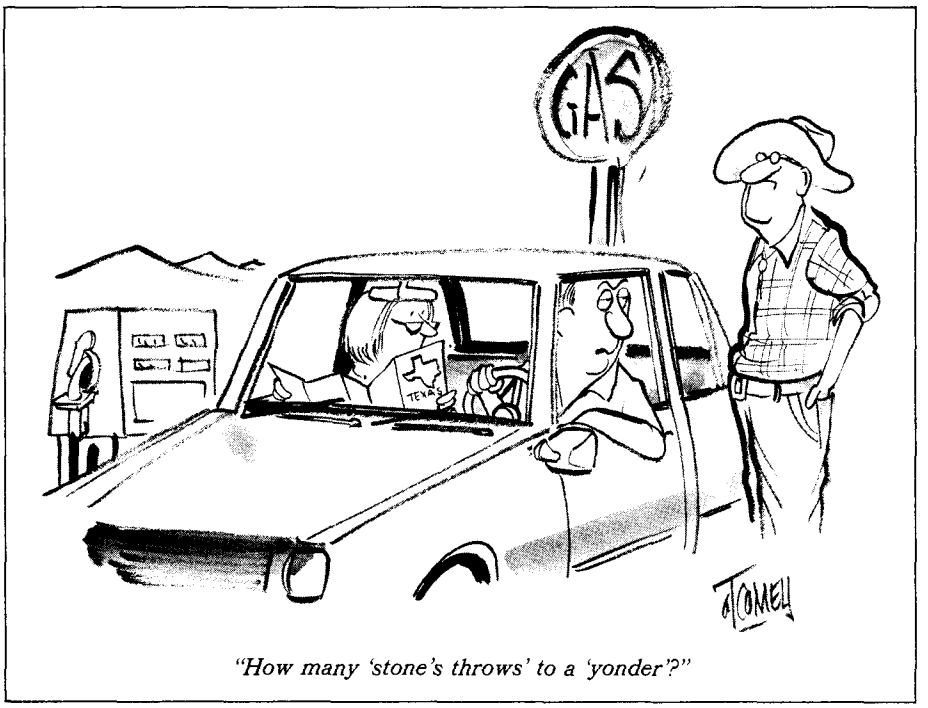
No more greasy, no more fried;
No more food that makes me wide.
No more jellies, no more jam;
No more pork chops, no more ham.

No more cookies, no more cake;
No more goodies will I bake.
No more ice cream, no more fudge;
No more guilty, no more grudge.

No more chocolates, no more malt;
No more shakes of killer salt.
No more bonbons, no more booze;
No more bouts of sugar blues.

No more soft drinks, no more punch;
No more cocktails with my lunch.
No more candy, no more beer;
No more bulging of the rear!

—Charles Ghigna



"How many 'stone's throws' to a 'yonder'?"

Money's Funny, Honey

Of course you can't take it with you, but taxes, lawyer fees, and funeral expenses won't let you leave it behind, either.

—Rose Sands

Please Stand By

Technical Difficulty: Nature's way of protecting you against certain TV programs.

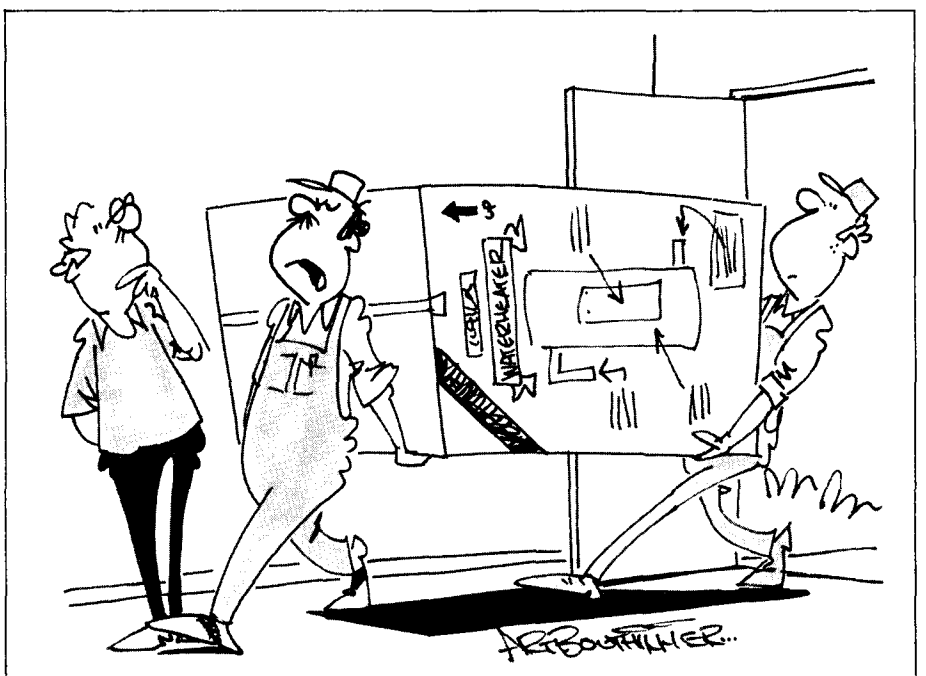
—Sam Ewing

Java Jived

An overweight woman who had been unable to resist nibbling between meals decided to paste a pinup of a shapely young model inside the refrigerator door. The picture worked like a charm; she lost 15 pounds in a month.

Her husband, on the other hand, peered inside the refrigerator so often that he gained 15 pounds.

—Mrs. E. O'Brien



"This one's called the 'Five Daughters' water heater."

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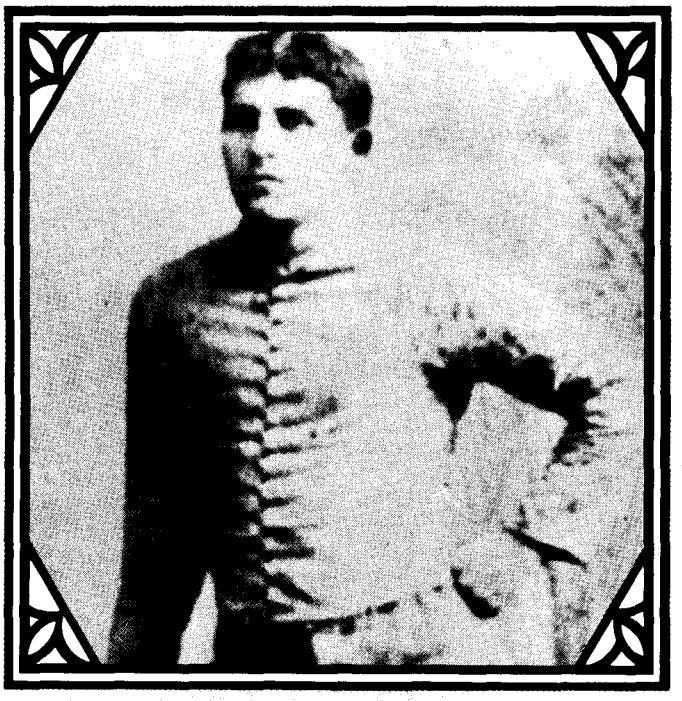
OUR CHANGING FOOTBALL HEROES

One hundred years ago this year, a writer for an obscure sports tabloid put together a team from the country's best college players and called them "All-American."

by Bob Barnett

Bob Hope introduces today's all-American football players on his TV Christmas special. And always with a joke: "This tackle is so big that the coach puts a white shirt on him and uses him as a movie screen to show the game film." Or: "This running back always tips off the play. The other three backfield men come out of the huddle laughing—he's as white as a sheet."

It's a far cry from the days when the somber Ed



Yale's Amos Alonzo Stagg personified the all-American image.

Sullivan began bringing the players to nationwide attention on "Toast of the Town," his Sunday-night show.

Each year, usually in December, Sullivan would call forth the *Collier's* magazine all-American football team. Eleven modest, even shy, young men (who, incidentally, played both defense and offense) would emerge from behind the curtain to the music of "You've Got to Be a Football Hero" or perhaps a college fight song. The studio audience's wild applause left no doubt that these were heroes to be emulated.

• • •

Collier's had not originated the idea of recognizing the year's outstanding football players. That distinction goes to Chaspar Whitney, a writer for the obscure *This*

Jim Thorpe, an all-American and an Olympic gold medalist, was America's greatest athlete.

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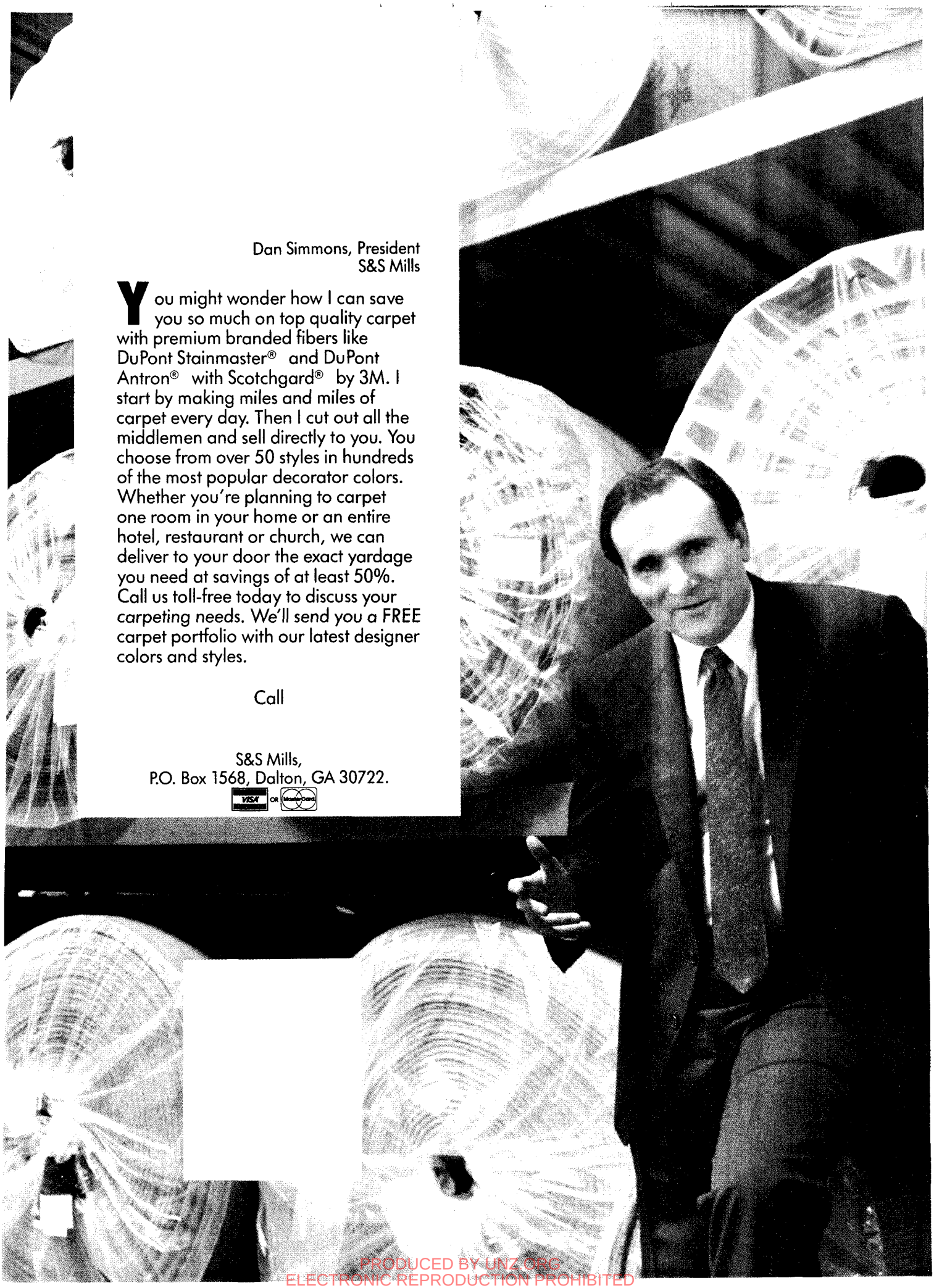

Dan Simmons, President
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Week's Sports, a New York tabloid. In 1889 Whitney polled knowledgeable football men, most notable among these his friend Walter Camp of Yale, to help him select an "All-National" team—which he changed to "All-American" before press time. Hence the team and name were born. (The future college-football coaching legend Amos Alonzo Stagg was one undergraduate chosen.)

After 1891, Whitney's team appeared in *Harper's Weekly*.

Walter Camp Takes Over

In 1897 Walter Camp selected the *Harper's Weekly* team when Whitney went abroad. The following year, Camp's team appeared in *Collier's*. It continued to be the most prestigious such team until Camp's death in 1925.

Camp was the most knowledgeable football man of his time. Although he had been a star player at Yale for six years, he was most famous as Yale's advisory coach in the 1880s and 1890s. He would work full-time for the New Haven Clock Company and send his wife, Alice, to the team's practice each day to confer with the captains and observe. Over dinner, Walter and Alice would discuss practice. Later in the evening he would give instructions to the team captains.

All-American Paul Robeson is best remembered as a singer.

The early all-American teams were almost exclusively culled from the Ivy League. In fact, the first five teams were from the "big three": Harvard, Yale, and Princeton. But as college football gained prominence, Camp began to include players from other regions of the country, and even some blacks and Indians.

Among the most notable of these were Isaac Seneca, the first Indian all-American, and Jim Thorpe, who would be named to the 1911 and 1912 teams. Both players were from the Carlisle Indian School. Thorpe would also win two gold medals in the 1912 Olympics.

Paul Robeson, an end from Rutgers and the second black all-American (the first being Harvard's William Lewis in 1893), would become a singer and actor, most famous for his version of "Old Man River." Still later, he became a Communist sympathizer, and during the 1950s a number of unsuccessful attempts were made to have his name erased from all-American status.

All-Americans Grow Up

(Average Height and Weight for All-American Teams)

	Line Avg. Wt./Ht.	Backfield Avg. Wt./Ht.	Total Avg. Wt./Ht.
1889	175/5'10"	151/5'8"	166/5'9"
1924	185/6'0"	185/5'10"	185/5'11"
1954	209/6'½"	190/5'11½"	202/6'0"
1986 *(Defense)*	251/6'3½"	195/6'1"	229/6'2½"
1986 *(Offense)*	262/6'4"	204/6'1"	233/6'2"

Source: NCAA

College Football Sees Red

College football's popularity grew phenomenally in the 1920s. Star players from top-ranked teams came from every section of the country. And the number of all-American elevens grew like dandelions in a wet spring. Virtually every daily newspaper, wire service, and magazine had sportswriters, coaches, or a "panel of experts" make its selections.

Grantland Rice, perhaps the most famous of all sportswriters, took over the *Collier's* team in 1925 and made it a "consensus" team. Players most often named on the major lists then joined a consensus all-American team. The highest honor, of course, was to be a unanimous all-American (picked on every team).

The print media became more and more important in the building of a college player's reputation. One of their darlings was Notre Dame, the home of Knute Rockne and the "Four Horsemen," as Grantland Rice had nicknamed the team's backfield.

Movies and newsreels played their parts too in changing the hero game. Red Grange was everybody's hero in the 1920s. In print, he was portrayed as a modest, good-looking, college football player from Illinois with excellent statistics. But in short, flickering clips of black-and-white newsreels, Grange's dazzling runs appeared almost ethereal as he evaded gangs of would-be tacklers. Sportswriters gave him the sobriquet of "Galloping Ghost."

Grange's popularity soon exceeded that of college football. He became bigger than the sport. Not everyone read the sports pages, but nearly everybody in those pre-TV days went to the movies.

Perhaps nothing more definitely represented our country's "melting pot" than all-American teams of the 1930s. As the sons of first-generation immigrants pursued the American dream in the halls of ivy, they also romped across the nearby football fields. On the 1937 team, names like Alex Wojciechowicz (Fordham) and Tony Matsi (Pitt) joined "Whizzer" White (Colorado) and Marshal Goldberg (Tennessee). The 1939 all-American team, the last word in "ethnic name" teams,

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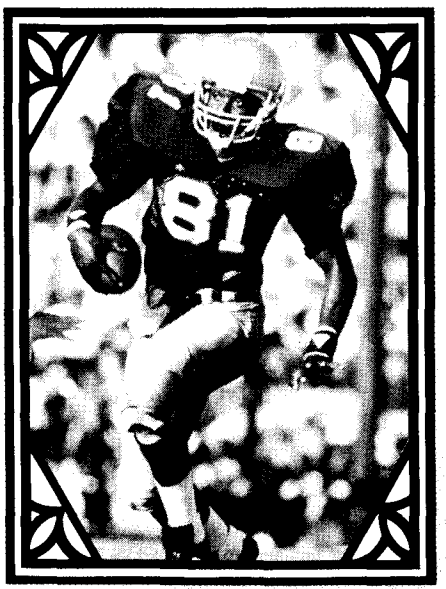
had Esco Sarkkinen (Ohio State), Ed Molinski (Tennessee), and Nile Kinnick (Iowa) teamed with plain Harry Smith (Southern Cal).

World War II severely reduced college football squads—except at the military academies, which, with the exception of Notre Dame, dominated the all-American teams. Army, led by the three-time all-American Felix "Doc" Blanchard and Glenn Davis, had 12 all-Americans, Navy had 5, and Notre Dame placed an astounding 18 players.



Tim Brown was an all-American and a Heisman Trophy winner.

No More Heroes?

The 1950s was the last great era of heroes, before the probing eyes of news media and television began to make heroes appear somehow more human and mortal. The print reporters, pressured by television's instant news, became more critical and analytical.

Television made pro football and the college game race to emulate the fast-paced, wide-open, colorful "media package." Specialization was in: by the mid-1960s, the NCAA named both an offensive and defensive all-American team. The colleges became training grounds for the pros, and being all-American meant becoming a high

continued on page 104

Team Leaders in Consensus All-Americans

(ranked in total number of selections)

Rank	College	Number
1	Yale	100
2	Harvard	89
3	Notre Dame	80
4	Princeton	65
5	Michigan	59
6	Southern Cal	55
7	Ohio State	53
8	Oklahoma	51
9	Pennsylvania	46
10	Pittsburgh	44
11	Army	37
12	Nebraska	32
13	Texas	32
14	Alabama	29
15	Minnesota	29
16	Penn State	25
17	Tennessee	25
18	Stanford	24
19	Navy	23
20	Michigan State	21

Source: NCAA. Does not include 1988.

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HOLD ON TO YOUR HEARING

Hearing specialists insist you can take action now to preserve your hearing—or what's left of it if you've already suffered a loss.

by Diana Benzaia

If you think only older people must worry about their hearing, pay attention. Hearing normally begins to deteriorate at around age 30—but some popular "baby boomer" habits may start the process earlier and lead to devastating losses.

"Compared to their parents, today's young people are at significantly increased risk of noise-related hearing loss due to playing Walkman-type earphone radios at high volume, highly amplified rock concerts, and other modern-day business and leisure equipment," cautions Charles W. Parkins, M.D., an otolaryngology specialist at the University of Rochester School of Medicine and Dentistry.

Nearly 20 million Americans—including about half of those over 50—now suffer some hearing impairment. The loss may be so modest or at such high frequencies that it isn't even noticeable, but for many people, it's a loss severe enough to interfere with their ability to function in the world. People most likely to be afflicted: those exposed to excessive noise throughout life; those without adequate medical attention for ear-related problems; and those with an inherited tendency for hearing loss.

That's the bad news.

The good news is that deafness is not an inevitable consequence of old age. Hearing specialists insist you *can* take action now to preserve your hearing—or what's left of it, if you've already suffered a loss—especially by protecting yourself from noise. Further, if hearing loss already interferes with your work or leisure activities, dramatic advances in hearing-aid technology in the past ten years have greatly improved your chances of aid-assisted hearing restoration.

Hearing Loss Causes and Treatments

The primary causes of hearing loss are excessive noise exposure, infection, injuries, tumors, and aging. Some you can defend against; others you can't. Dr. Parkins describes two main types of hearing loss:

- Conductive—anything preventing the conduction of sound waves from the outside air to the inner ear. Examples include wax in the ear, a punctured eardrum, or damage to tiny bones in the middle ear.
- Sensorineural—anything interfering with the processing of sound by the fluid-filled cochlea—the inner ear—which includes thousands of tiny hairs that change vibrations into impulses to the auditory nerve. Excessive noise, for example, or even some antibiotics can damage these inner-ear hair cells. Most hearing loss in older people is sensorineural.

Some causes of hearing loss, such as wax buildup in the outer ear, are easily eliminated. Symptoms such as pain or discharge usually indicate problems in the middle ear—infections or fluid behind the eardrum—which can be treated and reversed with medication or minor surgery. Such symptoms as noise in your head—ringing or buzzing with or without pain—may suggest a more serious, but not hopeless, problem in the inner ear.

Any hearing loss or other symptoms related to hearing, such as dizziness, ringing, or balance problems, should send you quickly to a physician who specializes in hearing. The physician's ability to prevent, reverse, or stop hearing loss varies with the type and extent of the disorder; conductive problems of the outer and middle ear have a better prognosis than do sensory problems of the inner ear. More serious are neural disorders of the auditory nerve and the central hearing loss originating in the brain. But dramatic progress in hearing preservation has been made for any treatable problem that is identified early.

In contrast, neither medicine nor surgery can help presbycusis (*presby* means old, *cusis* means hearing)—age-related hearing loss—although hearing aids can. Presbycusis is caused by a gradual diminishing in the number and sensitivity of cells in the cochlea, or snail-like portion of the inner ear. These changes are believed to be part of the normal aging process. The reduction is highly variable from

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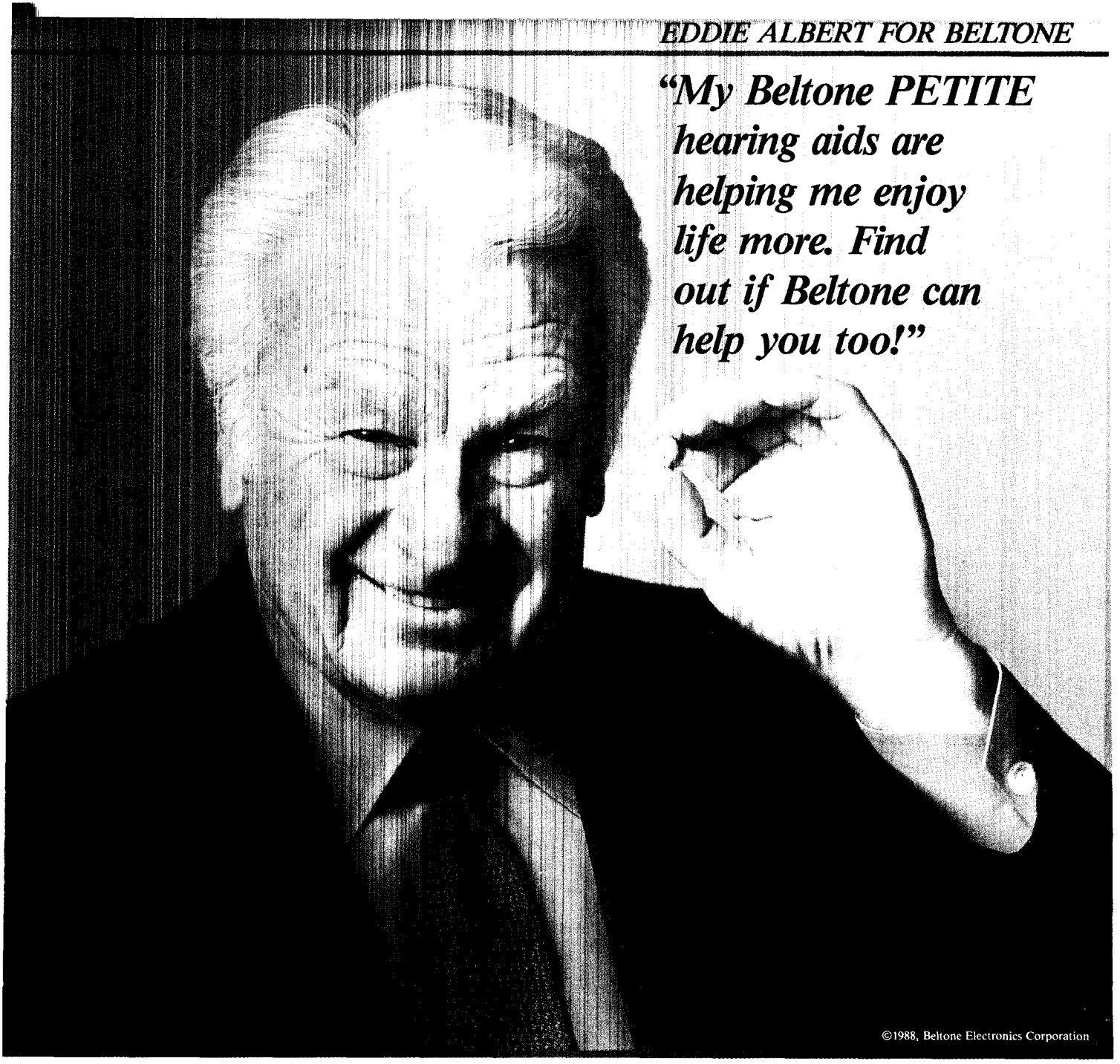
"My Beltone PETITE hearing aids are helping me enjoy life more. Find out if Beltone can help you too!"
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Do you hear but not understand all the words said to you? Do people seem to mumble more than they used to? Do you often ask people to repeat themselves?

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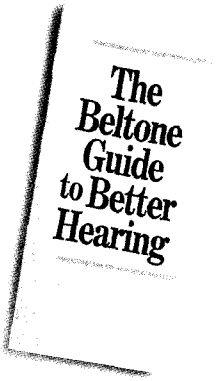

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person to person. Some people still have excellent hearing in their 80s; others have noticeable deficits in their 50s. Such individual variations, probably hereditary, appear to be worsened by lifetime noise exposure.

You may not even be aware of early hearing loss—and merely assume that people around you are speaking softly. In fact, there's a good reason for the stereotype of an older person's complaining that "children don't speak up and talk clearly anymore." One symptom of presbycusis is difficulty understanding the high-frequency words of children and women, in contrast to the lower-pitched voices of men. In addition, interference by background noise may render group conversations more difficult than one-on-one chats.

Hearing loss due to noise can be particularly insidious because noise tends to first destroy the ability to hear high frequencies. "You can lose a lot of hearing in the 3,000- to 4,000-cycle range—the classic area for noise-induced loss—and still be able to hear speech," reports Kevin O'Flaherty, Ph.D., of Manhattan Audiological Services. "But understanding words can be difficult even with a mild loss in this frequency, where many consonants occur." A common result is misinterpreting initial and final consonants—such as mistaking "thin" for "fin."

Noise Hazards

Hearing loss has increased because of the mechanization of our environment and the resulting noise—ranging from jets overhead to power tools, from traffic noise to disco music, even vacuum cleaners. The inner ear's nerve endings, traumatized by the stimulus of excessive noise, eventually become less responsive. They can actually die off.

The relative loudness of a sound is measured in decibels; a whisper registers only 30 dB, and a jet takeoff soars to an ear-splitting 150 dB. How loud must sound be to damage hearing? If you must shout to be heard a few feet away, the sound is probably at 90 dB or louder, and hearing damage can occur. If the exposure to a loud sound is only an occasional brief exposure, sticking your fingers in your ears—or using the tip of your finger to seal the opening, or pressing the bit of cartilage in front of your ear back to form a seal—is probably your best noise protection, although uncomfortable after 30 seconds.

Not just noise level affects hearing, but also duration. Intermittent noise —such as *beep, beep, beep*—is less apt to be damaging than continuous noise over long periods. Yet even brief exposure to excessive noise—such as an amplified rock concert —can temporarily lower your hearing acuity. Any ringing in the ears should disappear within a day or so. However, each time the hearing insult is repeated, the ear takes longer and longer to recover. Consider action to protect your hearing if you are regularly exposed to excessive noise.

Change the Environment

"People who work in a noisy environment and are not bothered by it probably already have experienced hearing loss—so the level of noise reaching them is not what can be objectively measured in the environment," cautions Malcom H. Schvey, M.D., an otolaryngology specialist at the Columbia University College of Physicians and Surgeons.

Because noise in a confined space is more dangerous than noise outside, start your hearing-preservation program by listening to your environment and finding ways to quiet it down at its source.

- Surround noisy, large machines, such as your dishwasher, with sound-deadening materials, or mount them on rubber instead of concrete. Use the special sound-reduction boxes now sold for encasing home or office computer printers—or stash yours in a cork-lined closet.
- Put foam pads under noisy machines—from food processors or meat grinders to typewriters.
- Select the quietest product available when buying new equipment—from vacuums to air conditioners.
- Install carpeting and draperies and other sound-absorbing materials in your home and office.
- Consider noise when choosing your next residence; look for a quiet location and well-constructed walls.

Some excess sound can't be avoided. If your job or volunteer work is in a noisy environment or you have a noisy hobby, such as pistol shooting, car racing, or carpentry using power tools, consider investing in hearing protection, such as earmuffs or earplugs (see box). This is especially important if you already have some hearing loss. (A plus of protecting your ears from physical damage by quieting your environment will be lower levels of psychic stress.)

Hearing Check-ups

One of the most effective ways to preserve hearing is to identify hearing loss by audiometry before you perceive it in normal conversation—and take action. Which type of hearing specialist you start with can depend upon numerous variables—such as symptoms, costs, insurance, and proximity to services. If you have such symptoms as discharge or a sudden hearing loss, you should start with a physician—and federal law mandates that you must either see a physician or sign a waiver saying you don't want to before being fitted for a hearing aid by any other dispenser. Ask your family

continued on page 110

How Loud Is Loud?

U.S. Occupational Safety and Health Administration regulations mandate hearing protection in any job in which the noise level exceeds 90 decibels for 8 hours, 95 dB for 4 hours, 100 dB for 2 hours, 110 for ½ hour, or 115 for even 15 minutes—and many hearing specialists think these regulations aren't strict enough. So for personal safety, protect your ears from repeated or continuous exposure to any sound above 80 decibels.

• quiet library	30dB
• soft whisper	30
• refrigerator	35-45
• normal conversation	60-70
• washing machine	65
• vacuum cleaner	70-90
• air conditioner	70-80
• heavy city traffic	80-90
• alarm clock at two feet	80
• garbage disposal	90
• lawn mowers	90-105
• screaming child	90-115
• subway train	90-110
• jackhammer	100
• chain saw	100
• outboard motor	110
• motorcycle	110
• jet plane (*500 ft. overhead*)	115
• rock concert (*amplified*)	120
• thunderclap	120
• shotgun or rifle blast	120
• jet plane at takeoff	130-150

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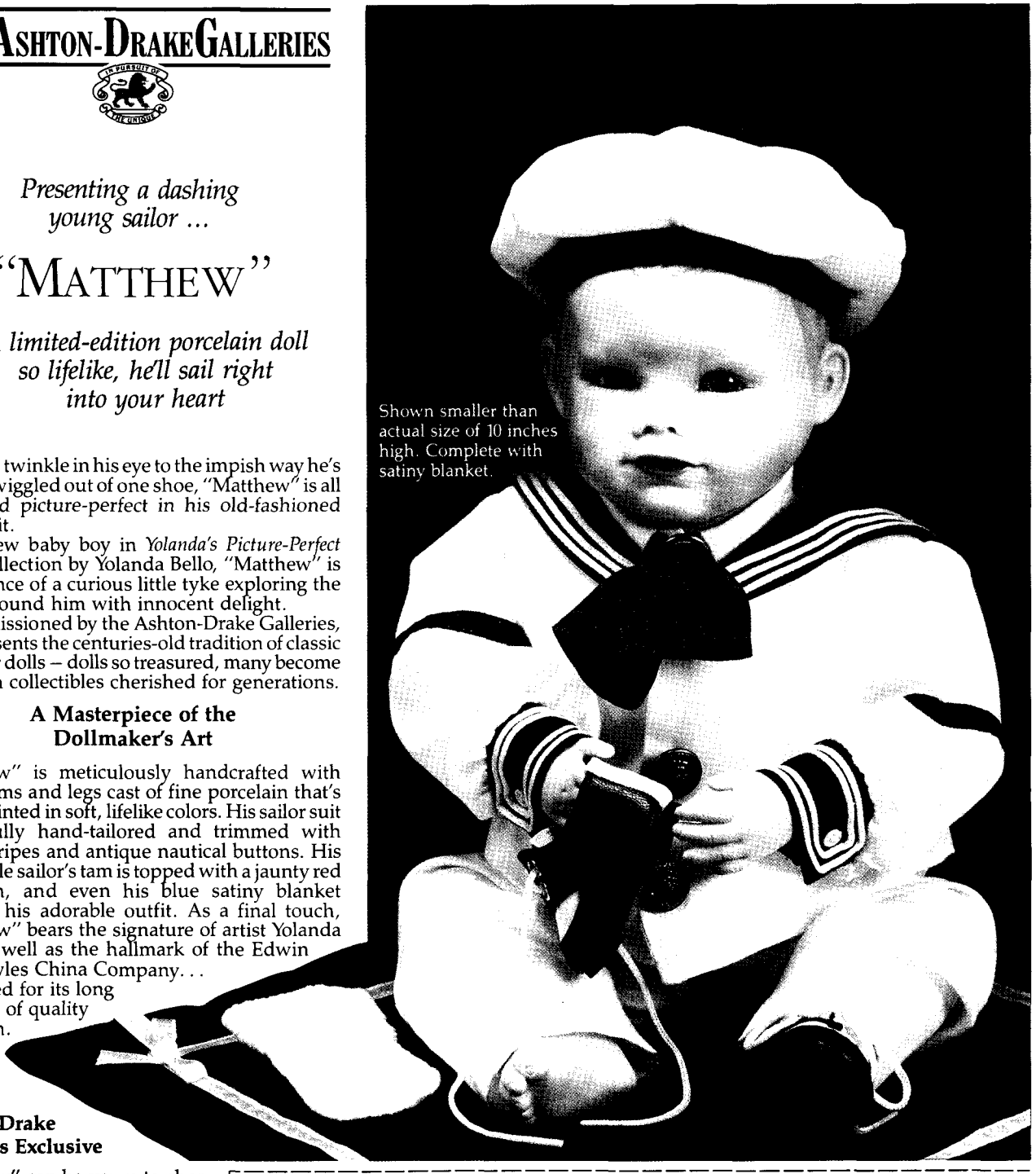

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SUPERMOM SANDI PATTI

Gold records on her walls, a tour on her mind, and twins on her lap: gospel music's First Lady could write a book on time management . . . if she weren't so busy.

by Holly G. Miller

At a time when hype springs eternal and every singer is dubbed a "superstar" by his or her publicist, one voice soars above the others. Called the "Voice of Gospel Music," Sandi Patti's set of pipes can touch off an epidemic of gooseflesh. If she isn't a household name yet, it's only because she refuses to go the "pop" route and insists on blending preschool carpool duties with an international concert tour.

When Sandi isn't making records, she's breaking them. At age 32, she has four Grammy awards, sales of 3.5 million albums, and four gold discs to her credit. She made her name singing the national anthem for presidents; bringing gospel music to the "Tonight Show"; and selling out such sophisticated, secular strongholds as Radio City Music Hall, the Greek Theater in Los Angeles, and the Omni Coliseum in Atlanta.

None of this was planned. Sandi does admit that as a child she would sometimes pretend a tablespoon in her hand was a microphone; occasionally practice her autograph; and dream of wowing her generation as the next Karen Carpenter. But then she got serious. A career teaching high-school music seemed appropriate for a preacher's daughter, so she put herself through Anderson (Indiana) College singing Juicy Fruit commercials in an Indianapolis recording studio.

The problem was her voice. It kept getting in the way. It couldn't be confined to a classroom; it dominated every back-up chorus; and, as Peter

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Jennings of ABC News once commented, it seemed "to reach to the heavens." It simply had to be shared. "I didn't see it coming," Sandi says, still surprised at her phenomenal success. "I wanted to teach school, and it really didn't cross my mind to pursue singing. But when doors began to open, and people began to invite me to come places, I thought, *Hmmm, I could enjoy this.* Then I felt God's call, and I knew it was the right thing to do."

If her audiences haven't been the same since her decision, neither has her life. The organized 9-to-5 workday of a teacher was impossible as she and her manager-husband, John Helvering, crisscrossed the country on the concert circuit and learned the ups and downs, the twists and turns, of the gospel-music industry. "I continually battle the fact that what's normal for me isn't normal for somebody else," she says. "I can't just moan and groan that I want normalcy. Actually, there's a lot of consistency and planning in what we do, and so you could say we have an abnormally normal life. Sure there are times when I'd rather just be home, and that's when I suggest to John that we need a couple of days of quiet, to relax, or just to read a book without being interrupted. But for the most part, I'm very grateful that I can include my family in what I do. I know there are a lot of women who have to work and can't be with their children as much as they'd like. For that reason I don't ever want to complain about my schedule."

The family that shares her career has expanded. Just about the time Sandi was coming to terms with her "abnormally normal life," Anna Elizabeth arrived and now, 4½ years later, Jennifer and Jonathan have joined the Helvering clan. Yes, twins. Sandi, told two months into the pregnancy to expect a double delivery, had stashed away pairs of outfits, cribs, toys, and supplies. Still, she wasn't prepared for the excitement and chaos of two babies at once. Her physical recovery took longer than she expected—the twins had a combined weight of a robust 15 pounds—and her energy was sapped by the demands of three little ones under the age of four.

"I was overwhelmed," she recalls. "Like a lot of women, I suffered from superwoman syndrome. I felt like I had to do everything. After all, for years and years everybody else had done it all, and I wasn't going to admit that I needed help. I spent too many months with that kind of guilt. I regret it because I needed to allow myself the emotional and physical time to recover so I could be a good mother. Right now, a year later, I have more energy with three kids than I did 12 months ago when I only had Anna. There's really no better time-management course than having a family. Especially twins."

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What goes on in Sandi's personal life tends to spill over into her career. Her current preoccupation with kids has led to a children's album set for release in February and a revamping of the Friendship Company, a special ministry to youngsters aged 8 to 12. Membership in the Friendship Company numbers about 20,000, according to the club's overseer, Scott Tilley, and expansion plans are in the works. Club perks include a newsletter (called a "Pal-o-gram"), activities calendars, and birthday cards from Sandi.

Another offshoot of Sandi's motherhood has been her renewed sense of patriotism. Her stirring renditions of "The Star-Spangled Banner," concluding New York's Fourth of July Liberty Weekend in 1986 and kicking off George Bush's 1988 campaign, attracted widespread attention. She says she now feels an obligation to become knowledgeable on political issues. Although she stopped short of endorsing a candidate in the November election, she did accept an invitation to sing at the GOP national convention in New Orleans, and she was a star attraction at Dan Quayle's hometown celebration. "My father instilled real patriotism in all of us kids," she says. "He's the kind of person who always sings the national anthem at the top of his lungs and generally cries when he does it. But quite honestly, I never took it seriously until I had a family of my own. Then I realized that I can stand by and not care, but the things that are happening now are going to affect my kids in 15 or 20 years from now. I decided I better start doing something about it."

Her star-spangled patriotism has proved an unlikely entrée to the

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Sandi's college voice coach had her pegged for grand opera, but gospel and patriotism got in the way. She still refuses to make the switch to pop.

The Helverings say home is where the family is, and the family is mobile. Anna's first trip abroad was at age two months. Jonathan and Jennifer have logged their share of miles too.

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THE THYROID MYSTERY

by Berton Roueché

Illustrated by Frederick H. Carlson

Synopsis ***Hyperthyroidism is a well-understood disease—or so the endocrinologist Dr. J. Michael McMillin thought until mysterious cases of hyperthyroidism symptoms began appearing in the small South Dakota town of Valley Springs. Only one other outbreak of the kind had ever been recorded, and its cause remained unknown. Moreover, Valley Springs patients, although displaying easily recognizable symptoms, seemed to have normal thyroids. What, then, could be causing the problem?***

Conclusion "By the time Dan and Jan arrived, the reports I was getting indicated that we had at least a dozen cases. The first step in an investigation of this sort is to set up what is called the case definition. We had to establish the criteria. We set two grounds for inclusion. Cases were defined as patients with two or

more symptoms of thyrotoxicosis and with concentrations of thyroid hormone in the blood at least 25 percent greater than the upper limit of normal established at the testing laboratory. Patients with a previous history of thyroid disease, of course, were excluded. Then, because of the cases that were appearing across the line in Minnesota, there was another matter of protocol. That, too, was arranged, and as it soon became clear that most of the new cases were occurring in Minnesota, the administrative leadership of the investigation was taken over by the Minnesota Department of Health, in Minneapolis. Craig W. Hedberg and Michael T. Osterholm were the department people in charge, and some others came in later. But at this stage, at least, much of the real work, the legwork, devolved on Dan and Jan.

"At about that time, I had to leave town again. I'm on the national board of directors of the American Cancer Society, and there was a meeting scheduled for the third week of June, out in California, in Beverly Hills, and I was committed to attend. I was sorry about that, but Dan and Jan were well set up to manage on their own. Everything was falling into place. We had our case definition. The next step was to visit the identified cases and interview them about the nature and onset of symptoms and take blood and other samples. Dan and Jan were both, in their jargon, experienced vampires. The samples were to be divided—half to be frozen for highly sophisticated viral studies, if necessary, at the CDC laboratories. The lab work on the other half was to be done here in Sioux Falls by Dr. Mary Jo Jaqua, a microbiologist at the medical school and the V.A. Medical Center. Our feeling was that we were dealing with a viral outbreak, and Dr. Jaqua was to culture the specimens for that. Another aspect of the epidemiological study was, of course, to establish the geography of the outbreak.

"I was gone a full week. But half of my mind never left Sioux Falls. Thyrotoxicosis is only rarely fatal, and there had been no deaths in York, but even so . . . I kept in touch with Dan by phone, and he was always reassuring. There were no ugly surprises. As soon as I got back home, I called Dan, and he and Jan and I sat down together in my office. They'd had a busy week. The case total was now 23. Jan reported on the demographic data. The ages of the confirmed patients were much like those in the York outbreak, ranging from the pediatric to the geriatric. There seemed to be an equal number of men and women involved. I found that strange. Endocrine diseases tend

to afflict women four times as often as men. We were definitely dealing with something unusual. As might be expected in an agricultural area like this, about half the patients were farm people. The geography was also interesting. There were still no cases in Sioux Falls, and Sioux Falls is the major trade and population center. The outbreak was confined between Valley Springs, on the west, and Worthington, Minnesota, on the east. The major case center seemed to be Luverne. About a third of the patients reported symptoms that included muscle aches and pains. That certainly sounded like a viral illness. Unlike a viral illness, however, there was no evidence of person-to-person transmission. There was no evidence of disease among people who worked

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together, or among friends who saw a lot of each other. The earliest onsets recorded by Dan and Jan were back in January. So this had been going on for quite a while. That was about where the investigation stood at the moment. Except that, because of the concentration of cases in and around Luverne, Dan and Jan had moved out of their rooms at the Sioux Falls Holiday Inn and were at rest in Luverne—at the Cozy Rest Motel."

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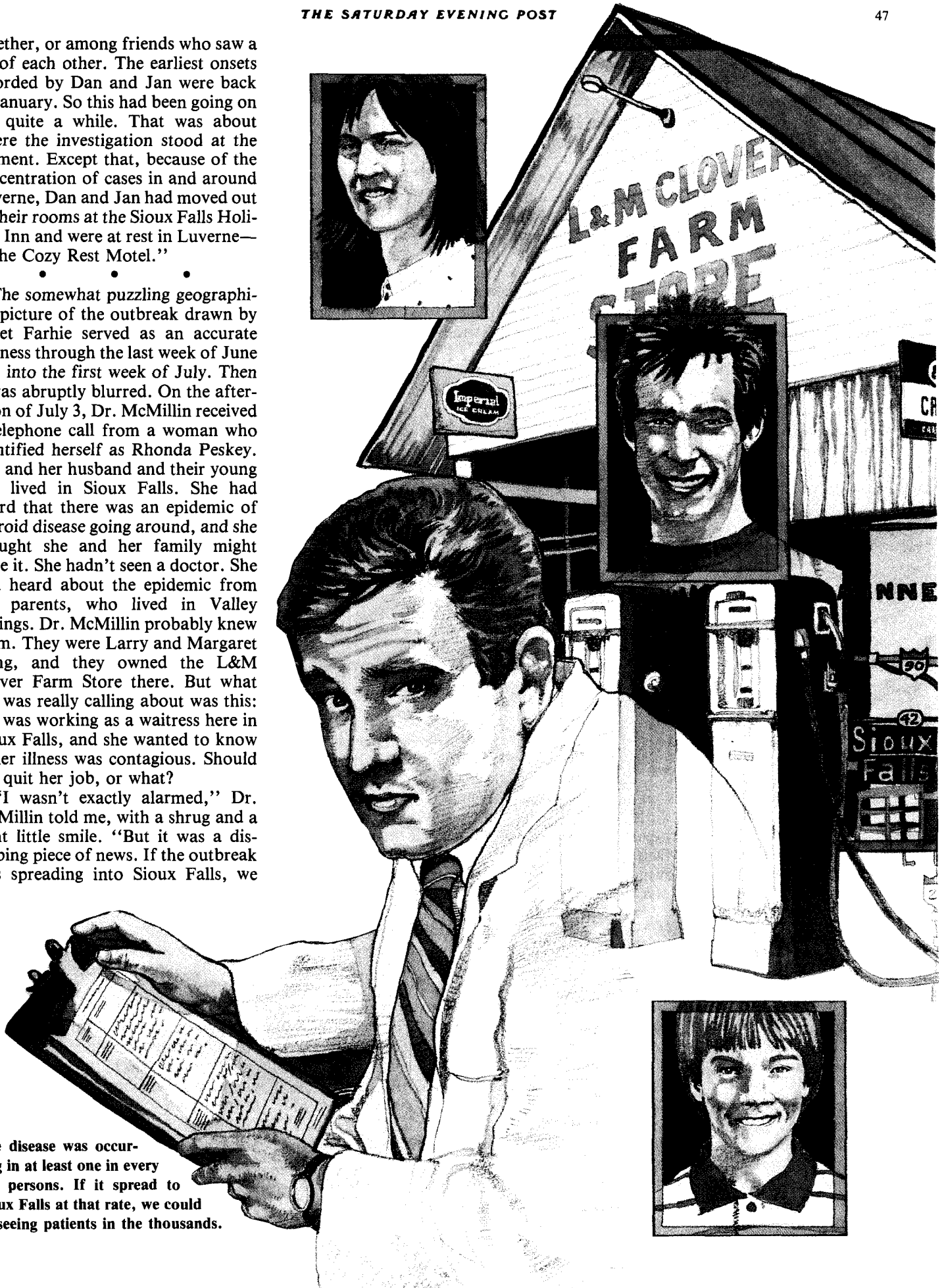
The somewhat puzzling geographical picture of the outbreak drawn by Janet Farhie served as an accurate likeness through the last week of June and into the first week of July. Then it was abruptly blurred. On the afternoon of July 3, Dr. McMillin received a telephone call from a woman who identified herself as Rhonda Peskey. She and her husband and their young son lived in Sioux Falls. She had heard that there was an epidemic of thyroid disease going around, and she thought she and her family might have it. She hadn't seen a doctor. She had heard about the epidemic from her parents, who lived in Valley Springs. Dr. McMillin probably knew them. They were Larry and Margaret Long, and they owned the L&M Clover Farm Store there. But what she was really calling about was this: she was working as a waitress here in Sioux Falls, and she wanted to know if her illness was contagious. Should she quit her job, or what?

"I wasn't exactly alarmed," Dr. McMillin told me, with a shrug and a tight little smile. "But it was a disturbing piece of news. If the outbreak was spreading into Sioux Falls, we



The disease was occurring in at least one in every 100 persons. If it spread to Sioux Falls at that rate, we could be seeing patients in the thousands.

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could be in for big trouble. Our investigation so far showed that in the area Jan had mapped, the disease was occurring at a rate of at least one in every 100 persons. If it spread to Sioux Falls at that rate, we could be seeing patients in the thousands. So I had some serious questions for Mrs. Peskey. I asked if she and her family spent much time in Valley Springs. No—not really. Did they ever eat or drink the water there? Or stay overnight? Well, they never stayed overnight. They hardly ever ate anything there. Her parents had a little coffee shop attached to the main store, and she and her husband sometimes had a cup of coffee. She thought she knew most of the Valley Springs patients, but not as friends, and she hardly ever saw them. She did sometimes bring some groceries home from the family stores. I advised her to see her doctor—her and her husband and the little boy—and have the standard thyroid studies done, and to ask the doctor to report the results to me as soon as possible. I said I thought she could stay on her job. But I thought she should be very careful in handling food, and be careful about washing her hands. I hung up and did some thinking. The Longs, as far as I knew, were not among the Valley Springs cases. We knew there was little, if any, evidence of person-to-person transmission of this disease. Dan and Jan and I had talked that over and over. It was beginning to look less and less likely that we were dealing with an ordinary viral disease. Or any kind of viral disease. In that case, the possibility of some common source of infection was strongly indicated. There were several possible vectors. But the most likely—the most common—would be some food or drink that was shared by all."

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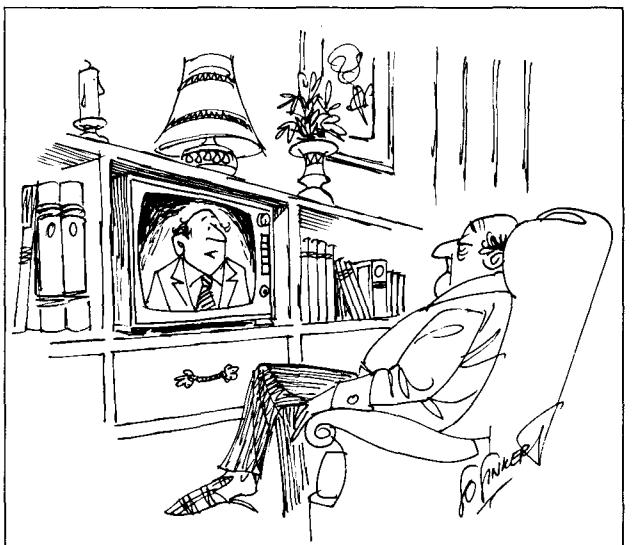
"We're now well into July. We had made a point of keeping as quiet as possible about the outbreak. We didn't want a lot of community excitement until we knew a lot more than we did. That could only muddy the waters. But the news leaked out, as it always does, to the media. And nothing much happened. It was only a one-day story. We had been in touch with the Minnesota Health Department all along, of course, but now all hands decided it was time to meet. We set up a conference for July 8 in Worthington, which is between here and Minneapolis. Hedberg and Osterholm were there, along with various other health workers in the community. Hedberg presided. We brought each other up-to-date. We heard reports that a lot of the patients were worried that the water supply might somehow be to blame. Or insecticides. There was even a group that thought the trouble might have been brought on by some recent tornadoes. We discussed the question of genetic susceptibility. As it turned out, many people in the outbreak area had evidence of thyroid hormone in their blood but were not clinically ill. Even fairly high levels of hormone can be tolerated by some young people and adults in good health. We decided to send a letter to physicians in a wide area of the two states soliciting information about cases of painless hyperthyroidism. The South Dakota letter went out over the signatures of Kenneth A. Senger, director of the Division of Public Health, and me. The results, I might as well say now, were positive in a negative sense. The response left the geography of the outbreak much as it had been earlier defined. The number of cases rose from week to week, but there were none really outside the area.



"It's 2:30 a.m. Don't you know where the off button is?"

"I received a phone call from Rhonda Peskey's doctor. He had confirmed that she and her son were both thyrotoxic. I decided it was time to treat myself to a little shoe-leather epidemiology. The next morning, I drove over to Valley Springs. The Clover Farm store wasn't hard to find. It's practically the only store in town. With Sioux Falls only ten miles away, a convenience store is about all a little place like Valley Springs can support. I went in and introduced myself to Larry Long. We had a cup of coffee together and talked about where he bought his stock. We talked about bread and eggs and meat and milk and soft drinks and staples. Practically everything came from distributors in Sioux Falls or one of several other large distributors in the region. There was nothing surprising in that. And, of course, the same distributors supplied the various stores in Sioux Falls. Practically all the Clover Farm meats came from Sioux Falls. Some came from a plant in Luverne. That was a special kind of beef that Larry Long ground himself, for customers who liked their hamburger lean. He called it his lean cuisine. It was extra lean, almost no fat at all. We talked for about an hour, and Margaret Long joined us for another cup of coffee. We talked about the outbreak. Some of their customers were sick. Some weren't. They themselves were well. As I drove back to Sioux Falls, I thought about what I had learned. There was only one thing that stood out. That was the extra-lean hamburger. Was that a clue? But how? When I got back to my office, I found a message from Dan. The number of confirmed cases was climbing. There were more than 50 now in Luverne alone.

"We were all more or less convinced we were dealing with a food-borne agent centering on Luverne. What was needed now was a case-and-control study and a review of food sources. As it turned out, we did two such studies. Fifty confirmed cases were matched with 50 well individuals for age, sex, neighborhood, and so on. The first study narrowed the suspected food sources to com-

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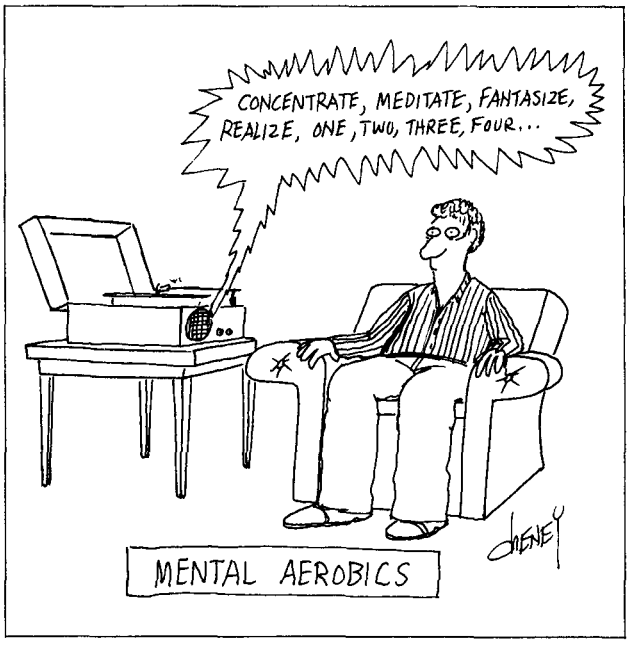
mercially processed chicken and lean ground beef. The second eliminated the chicken and identified the ground beef as coming from the plant in Luverne that Larry Long had told me about. The store in Valley Springs and similar stores in Beaver Creek, Hills, and Luverne all sold that lean-cuisine beef. We had these findings by the end of July or early August. Our case total by then included two families in Sioux Falls. One of these was the Peskey family, and that presented no epidemiological problem; we knew where Mrs. Peskey got her ground beef. The other family could have been alarming—or, at least, confusing. Dan went to see them. He asked if they ate ground beef. They said yes. And where did they buy it? They said there was a little store over in Valley Springs that carried the best hamburger meat they'd ever had. It was *so* lean. We laid another worry to rest. At about the same time, we got an even more interesting report on a family living some little distance east of Luverne, outside the charted outbreak area. It was an extended family—three generations, numbering about 15 people. All ages. There was no question about their illness. They were all confirmed cases of thyrotoxicosis—all but one, a boy of 12. They got their ground beef from the plant in Luverne. One of the family worked there, and he brought the meat home. What about the boy? Oh, he was a vegetarian. Well, that was the 'My God—that's got to be it!'



"We had the vehicle, we were sure of it. There was no doubt in my mind or in the minds of Dan and Jan that the source of the outbreak was something in that extra-lean beef from the Luverne plant. Some of the others thought otherwise. Very well. But just what was that something? We didn't see how it could be a viral or bacterial contamination. The control studies showed us that practically all the cases liked their hamburgers well-done. This isn't steak-tartare country. And, of course, cooking would have destroyed any microorganisms. That left the possibility of some chemical agent. But that couldn't be. I mean, there was no chemical agent known to us that could cause thyrotoxicosis. We came to a halt. The next move would be an investigation at the plant. The public-health officials in Minnesota were quietly making the necessary arrangements. That sort of thing is a delicate business. If the plant was deliberately doing something wrong, an impetuous move could alert it. But once the Luverne lean beef was clearly indicated, I decided to take a look at the meat myself. I made another visit to the Clover Farm store in Valley Springs. Larry Long showed me into the walk-in cooler and pointed out the extra-lean beef. It was in chunks—dark red meat. There was nothing visibly wrong with it. It's been a long time since I studied anatomy, but I could remember enough to recognize that what I was looking at was neck muscle. Well, the thyroid gland and the neck-strap muscle are very close neighbors. I had to think there was a good possibility that some of that meat was thyroid. In fact, there were traces of white tissue along the edges of some of the chunks. I bought a pound of that. Then, as I was leaving, I asked Larry Long something I probably should have asked long before. He and his wife were not on our list of cases, and he said they had never been sick. I asked him if he often ate that extra-lean beef. Often? He gave a little laugh. He said he and his wife owned the store. They didn't have to eat hamburger. They ate sirloin.

"I took my hamburger over to Jerry Simmons. Dr. Simmons is the pathologist at the medical school and the Laboratory of Clinical Medicine in Sioux Falls. I showed him my meat and told him what I had in mind. I pointed out those areas of white. Jerry gave me a look. He said, 'I could put this under the microscope, but it would be a waste of time. That white isn't thyroid. Thyroid gland is red—very dark red. That white is salivary gland.' I suggested we go back to Valley Springs together, and he would pick out some better samples. So we did, and he got some likely chunks; we went back to the lab, and he prepared some samples for freezing. When the meat was frozen, he would slice off some razor-thin sections and stain them and put them under the microscope. He'd let me know the result. Which he did, about an hour later. He said, 'Mike, I think I can help you with your problem.' "

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A public-health inspection of the Luverne plant was undertaken in the third week of August, under the direction of Dr. Robert B. Janssen, from the Centers for Disease Control. A few days earlier, the plant had agreed to halt production of neck trim and to recall all known supplies from the stores. The findings of the investigating team were definitive. The plant was not a packinghouse. It was primarily a slaughterhouse. Dressed carcasses were shipped to another plant for processing. Only the heads were retained at Luverne. Neck muscle was trimmed from these heads and distributed to local retailers for sale as 90-percent lean beef. As was usual in the trade, every effort was made to recover as much trim as possible. The strap muscles were trimmed from their attachment to the trachea. It was apparent to the investigators that thyroid tissue was often inadvertently included in the beef trim. The plant produced an average of 900 pounds of trim each day. Certain changes had recently occurred at the plant. Until April 1983, the plant had selectively removed the thyroid glands and sold the tissue to manufacturers of thyroid extract. That market vanished with

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A philosophy of "fast but sure" has helped Dr. Frank Young, the pragmatic commissioner of the FDA, to approve more new chemical entities in four years than were approved in the two previous four-year periods.

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DR. FRANK YOUNG: MAKING A DIFFERENCE

Upon his FDA rests the safety of products accounting for 25 cents of every dollar consumers spend.

by Cory SerVaas, M.D.

One day last year I found myself on a podium shared by Dr. Frank Young, commissioner of the FDA. We were both speaking on the subject of AIDS, and something akin to love at first sight occurred as I listened to this accomplished raconteur respond to a question about transmission of the dreaded virus.

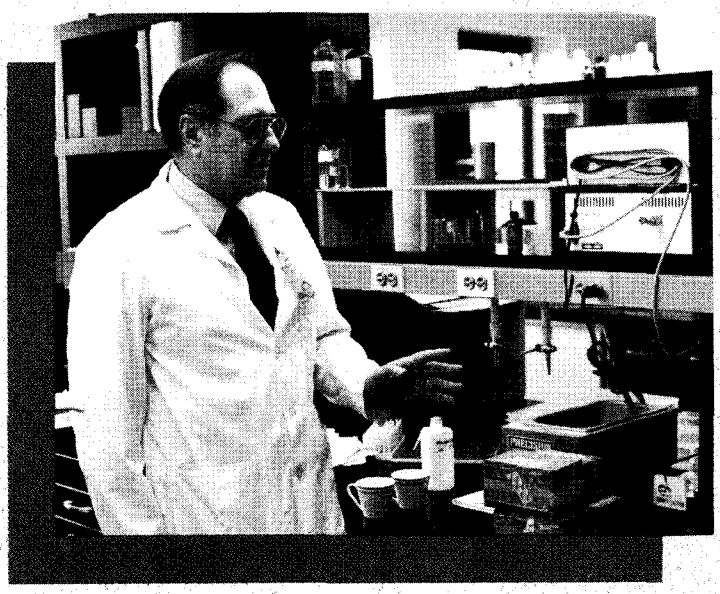
"But you never say *never*," he cautioned the audience when asked about the possibility of catching a disease from some unlikely method of infection. It reminded him of when he was a medical student and a patient came in with a neck lesion that resembled a syphilis chancre. Yet the back of the neck was not a place a man would ever be exposed to the *Treponema pallidum*, a bacterium which burrows in and causes syphilis. Or so the doctors thought. (Syphilis, being a sexually transmitted disease, is expected to cause those pesky chancres in areas that touch the genitalia. Everyone knows that the little serpentine-like syphilis spirochetes can burrow through a woman's uterus right into her developing baby but can't live more than seconds outside their warm, moist environment.)

So the teaching physicians continued to ruminate about what could be causing this patient's strange outbreak. Tests were run and numerous possibilities ruled out. And then, in the quiet of a private interview with the patient, our then young Dr. Young, curious medical sleuth that he is, was able to get to the bottom of this medical mystery. The patient confessed that at night he liked to play piggyback with his girlfriend—he would hoist her up on his shoulders with her legs on either side of his neck. Holding her feet in front of him, he would dance about the room. A little imagination could explain how the chancre might have appeared in this most unlikely place. Cavorting in this position had put a sexually transmitted eruption on the back of his neck. Lab tests found evidence of the *T. pallidum* and proved that our budding Sherlock Holmes had scored again in his early medical detective efforts.

"You never say *never*," he repeated, and probably not one person in the audience will ever forget the scientific message he brought home to us.

Hundreds of shared podiums blur in my memory, but Frank Young's earnest teaching and subtle humor will never be forgotten. The audience that day, mostly clergymen attending an annual Congress on the Bible, applauded his masterly presentation. He won our hearts with his lack of pretense and his willingness to poke fun at himself as a means of making a point. Nothing mattered except that the truth be expressed honestly and scientifically.

After the session, I was determined to learn more about this scientist of rare wit, great curiosity, and firm grounding in Biblical literature. We compared calendars and arranged to spend a morning together at FDA headquarters in Rockville, Maryland. During that visit I was delighted to note that quick wit is as much a part of the private Frank Young as his public persona. It's been said that a sense of humor is a sign of intelligence. We can all hope that this adage holds true in the case of Dr. Young. Lives will be saved and lives will be lost on the basis of the judgments he makes. The



Dr. Young's background in microbiology and genetics qualifies him to be a top research scientist in a field that's at the cutting edge of progress. In genetic engineering, genes for specific functions are used for making insulin, growth hormone, penicillin, and more. Genes can be placed in plants to make them produce more nutritionally complete protein.

agency he leads regulates not only food and drugs, but also radiological and medical devices, human vaccines, veterinary drugs, and even cosmetics.

And if this man needs the wisdom of Solomon, he has researched that too. As we shared thoughts on the awesome medical issues that face the country, he quoted I Kings 3:9: "Give therefore thy servant an understanding heart to judge thy people, that I may discern between good and bad." The verse has special meaning to him, he explained, because he took his job "because there is a need to discern between what's good and what's bad."

What's good and what's bad? The questions are tough, and the answers complex, Dr. Young admits.

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Should AIDS patients be permitted to use drugs without FDA approval? Or will AIDS patients then be prey to exploitation and be subjected to remedies that could harm?

Should blood banks and hospitals be denied the use of a test to eliminate HTLV-I from the blood supply just because the FDA hasn't assured itself that the test is a perfect one?

Should irradiation of food be permitted to prevent salmonella infections?

Acutane is good for acne, but it causes birth defects if taken during pregnancy: what if a prescription is given to a teenager who unintentionally or unknowingly is pregnant?

What should be done about aspirin educational materials and Reye's syndrome?

What about the cost of tamper-proof packaging?

Should cereal companies and other food processors be permitted to advertise health claims on their packages?

Gay-rights pickets carry placards and shout, "Test drugs, not people!" The commissioner must represent everyone, listen to all arguments, make decisions, and direct the speed with which new drugs are reviewed and approved. (AIDS drugs get a 1AA—speedy—priority.)

Dr. Young's position has been called a "hot seat," so hot that it was occupied by five men in the seven years prior to his appointment.

"Did you seek this job or did the job seek you?" I asked him in the privacy of his adequate but spartanly furnished office on Fishers Road.

"I don't know how I got it," he confessed.

"You were just called?"

"I got a call when I was dean of the school of medicine and dentistry at Rochester University," he said. "It was a difficult time because I was planning for the Capital Campaign at Rochester, and we had just remodeled our house. But then I remembered something told to me by my pathology chairman, Dr. Alan Moritz, when I was a young pathology resident. He said, 'Someday it will be your responsibility, because you have been given so much support by the U.S. Public Health Service in the development of your

In his accomplishments as commissioner of the FDA, Dr. Young stands bigger than life. Without the strong support of a close-knit family, he couldn't keep the pace. His happy support system includes daughter Lorrie; son Jon; wife, Leanne; daughter Debbie; Frank, Jr.; and daughter Peggy. Oh, yes, the well-kept dog was given the name of Wiggles.

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career, to go forward to defend this for the next generation.' The concept of public service was very deep in him. Since that time, I had always thought that sometime I would want to be of service to the government. As my pathology chairman had said, I had been given a lot when I was first trained—I was supported by a public-health fellowship, I got my training in graduate studies and my training in research, and then I had research grants all my life."

The call for government service initially came from Schuyler Baab, and the message was straightforward. The post at the FDA was open. Would he be interested in it? "I said, 'No, I don't think so. I'm very happy here.' He said, 'Would you come down and talk?' So I came down, and I met with Schuyler Baab and George Siguler. They showed me the FDA and said, 'Well, what do you think?' I said, 'There are problems here, and I'd attack it this way if I were to ever do it. But I don't want to take the job. I'm very happy in my job.' About a week later a follow-up call came, and they said, 'Would you be interested in coming down to speak with the secretary? We're very interested.' And I said, 'No, I really can't mislead Mrs. [Margaret] Heckler. I really don't think I would take the position.'

"I had never met Mrs. Heckler before. And I didn't think I'd take the job, but they kept saying, 'We really want you to come.' So finally I said, 'If you'd like, I'll meet with her, but it's got to be under no pretense, because I'm not going to take the job.' So they said, 'Well, she's going up to New York City—would you meet with her there?'

"So I met with her. I'd done enough homework to know that the acting commissioner was very, very good, and when I met with her I said, 'Well, Madame Secretary, you've got a wonderful acting commissioner. He's a good man.' She replied, 'We want you.'

"And now I'm getting more and more interested in the idea, and I said, 'Well, if you'd like me to come, what I'd like to do is develop an action plan. If you really want me to come, I want you to know that I am interested in making the changes that we discussed.' "

"And what were the changes?" I asked.

"They're now known as Action Plan Phase I," he explained. "We did the Action Plan because this was our way to overcome the criticisms that had been leveled at the FDA."

That the FDA staff had become known as medical policemen was no secret. Deservedly or not, manufacturers ridiculed FDA field men for "chasing toothpicks" while, they lamented, applications for new drug approvals were choked by the red tape in this organization. More than 7,000 employees come under Dr. Young's direction.

The tone of Dr. Young's leadership was set within a year or so after his swearing-in ceremony. "We must act with deliberate haste in getting approval on drugs for AIDS and other urgent and disastrous diseases," he said. Proof of his determination to pick up the pace in fighting AIDS came with the FDA's quick but thorough evaluation of the ELISA and Western blot tests. AZT was given the fastest drug approval in the agency's history—107 days. If past policy had been the "slow but sure" variety, Dr. Young preferred a "fast but sure" variation.

Despite his earlier reservations, Dr. Young clearly enjoys every minute of the job now. His enthusiasm for the post and the gratification in seeing opportunity to improve the FDA knows no bounds. More than four years after assuming the "hot seat," his cool management style has prevailed.

He has tiptoed carefully through the minefields of

Dr. Young came to Washington just in time for the 1985 inauguration of President Reagan. The FDA commissioner is appointed by the secretary of Health and Human Services, but the appointment requires the President's approval.

The day before his daughter Peggy's wedding, Frank Young had decided he would take on the FDA assignment, but no one in the family knew. Lest the word of his leaving the dean's post at the University of Rochester School of Medicine detract from the bride's big day, he waited until Monday to notify Washington.

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AIDS dilemmas, quickly winning the respect of the majority of members of the Presidential AIDS Commission. The FDA responded promptly to the AIDS Commission's concerns about the safety of the blood supply. Dr. Young has won acclaim for not being afraid of making a few waves. "He dares to take some chances in that agency," said one Washington sage who respects Dr. Young's courage.

It also took some bravery for Dr. Young to report the FDA's preliminary results of its investigation for the first 192 blood banks inspected. A shocking 12 percent had violated the agency's regulations. Fourteen Red Cross centers were cited for violations, and many have recalled products. In response to these problems, the Red Cross has signed an agreement with the FDA outlining steps it will take to eliminate the problems.

"It's embarrassing, but I'm glad the FDA officials came in and pointed it out to us," a blood banker said. His remarks were echoed throughout the country among those who were concerned about blood-banking hazards.

Although Young's professional career has been varied—he's an expert on gene splitting, a former professor of microbiology, and an editor of a medical journal—it's as though he's been preparing for this current assignment all his life. "I've been through the experience of literally having people dying before my eyes while they're waiting for medicine to be approved that could save them," he said.

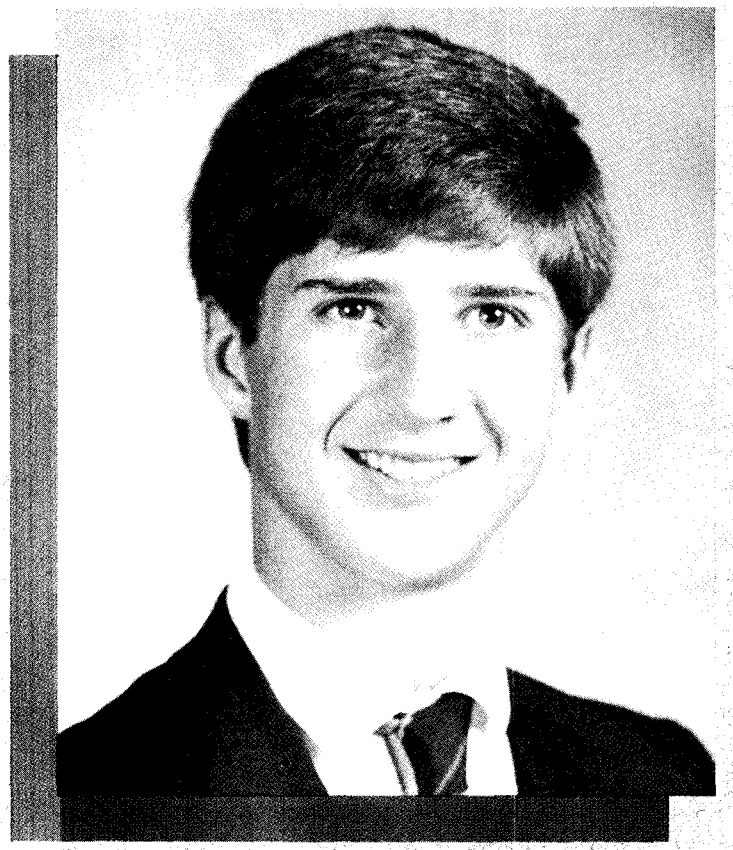
"In science, especially when dealing with a life-threatening disease, you must keep an open mind, be compassionate, but not disguise the truth," he told us. He cited a story to illustrate his point. "When I was directing the medical center at the University of Rochester in New York, people occasionally would come to me who had a spouse or child suffering from some untreatable disease or who were themselves desperately ill. They'd ask my help in obtaining some promising but still experimental treatment. Sometimes they had heard that the treatment—usually a new drug—was being tested at the National Institutes of Health in Bethesda, Maryland. 'But I don't have the money to move myself and my family there,' they'd say. 'If I can't get this treatment, there's no other hope. Dr. Young, is there anything you can do?'

"I'd have to try to explain that the controlled clinical trials such as were being done at NIH were necessary, even though they took precious time. If they proved successful, in another year or two the drug could be approved by FDA and I could obtain it for them. 'But, Dr. Young,' they'd reply, 'my wife will be dead in six months.'

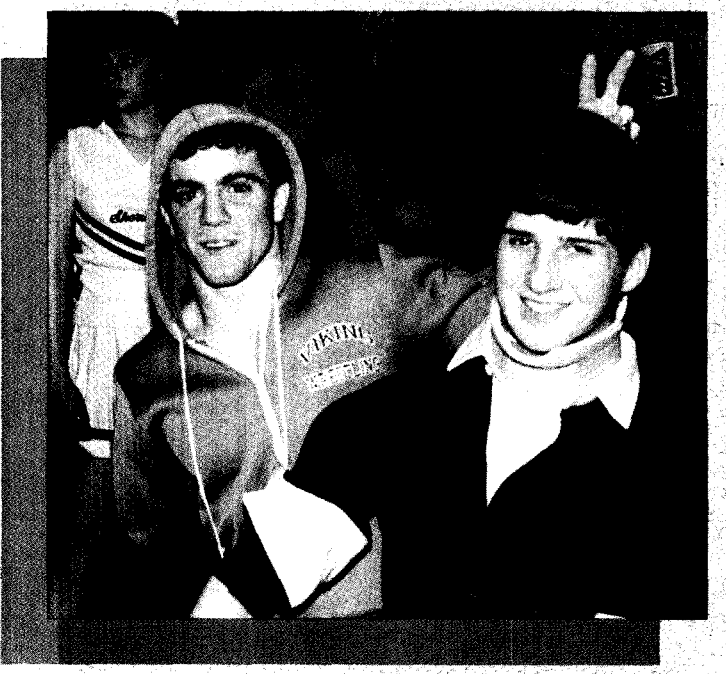
"The memory of such anguish and hopelessness still haunts me," Dr. Young explained, "and I think of this experience often as I deal with the urgency of finding a treatment and cure for cancer and for AIDS."

Shortly after Dr. Young assumed his job, his mother died of cancer, and he too was diagnosed as having cancer—a malignant melanoma behind his ear. It was removed and the prognosis was positive. "The survival index is very good—94 to 97 percent—but I can identify with people who have gotten frightening diagnoses," he says.

An event that occurred in this same time frame and



Jonathan, a top-ranked high-school wrestler, was totally paralyzed—temporarily—in a freak accident during one of his matches. "For the first two years in Washington, I never spoke about my religious convictions," Dr. Young says. "But after Jon's accident, it became very easy to do so. When people would ask how we could cope, it gave me the opportunity to explain our faith."



After the accident, when Jon thought he would never walk again, he confessed to Steve Siegel, his closest friend, that he had "cried a bucket of tears." Steve says he added another bucket himself.

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continues to have a lasting effect on him was when his youngest son, Jonathan, was injured during a high-school wrestling match. The youth experienced total paralysis and two broken vertebrae, and his heart stopped beating for 40 seconds.

"I sensed myself fading away," Jon recalled much later. The comeback fight was long and difficult, but today Jon attends college, has occasional physical-therapy sessions, and hopes to regain more use of his left hand and leg. His courage was recognized in 1987, when he was given a Victory of the Human Spirit Award at a celebration for which First Lady Nancy Reagan was the honorary chairman.

Certainly part of the reason Dr. Young has successfully weathered his share of tragedies has been the support of his wife, Leanne. When I asked him how they met, he beamed. "I noticed this very attractive blonde nurse while I was on my surgery clerkship at Upstate Medical School," he said. He speaks lovingly of her and their fast-paced courtship. They met in February, they had their first date in March, he took her home to meet his mother in April, and he proposed two months later. On October 20, they'll celebrate their 33rd wedding anniversary.

"We had the first four children in 5½ years," he noted. "She stopped her nursing career right away, and she's been a full-time wife ever since. Actually, she says she's a very well-kept woman." Part of her role as wife of this busy public servant has been to understand his long hours at the office and his even longer hours at his desk at home. If he expects a great deal of commitment from his staff at the FDA, he sets a good example with his own dedication. He frets that so much needs to be done, and that it must be done expeditiously.

"There is such a degree of desperation, and people are going to die, that I'm not going to be the commissioner that robs them of hope," Dr. Young says. He said his agency was "walking a fine line" by allowing some quantities of drugs for AIDS and other diseases to enter the United States from overseas even though they have not been proved safe and effective by FDA standards. Dr. Young defended instituting changes that would give patients with nothing to lose greater freedom to try experimental new drugs that just might save their lives.

When a colleague asked Dr. Young whether pressure from the *Wall Street Journal* influenced him to give a fast FDA approval to the heart drug TPA, he said: "No, I want you to know that it was my father, Frank Young, Sr., because my father died of his first and only coronary, and I just close my eyes and see him lying next to the couch on the living-room floor when I came in. There were police cars outside with their red lights flashing. He was 45 when he died. What drove TPA approval was my vow to do whatever I could and as much as possible for heart disease. Lower cholesterol, less salt, and now TPA."

TPA is a new product of biotechnology that dissolves clots in coronary arteries. If administered within three hours after the onset of pain, it can reduce the damage to the heart. Dr. Young's area in research has been in microbiology and genetics and the exciting work that led to cloning techniques. Understandably, he takes great pride in the fact that the FDA has already approved many products of this new biotechnology.

AIDS put Dr. Young at the eye of the hurricane. With help from several formal testimonies from Dr. Young and members of his staff, the Presidential Commission on the HIV Epidemic recommended:

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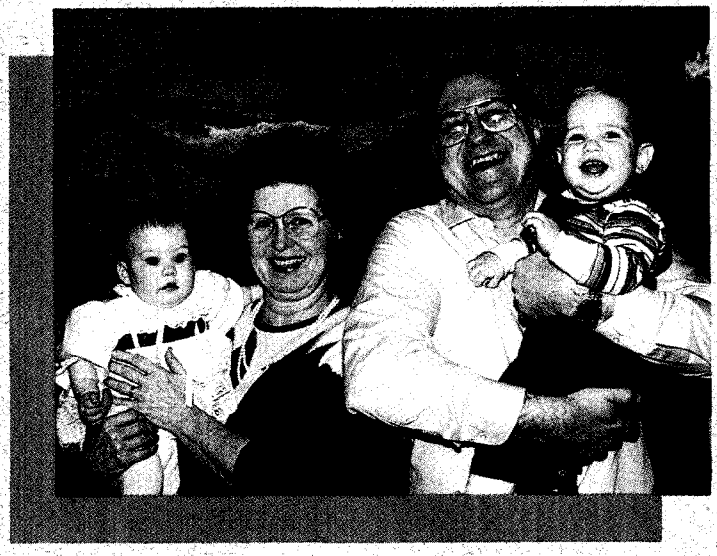
Jon's mother was right there with her son on the long and difficult comeback trail after his paralysis. For his courage, in 1987 he was awarded a "Victory of the Human Spirit" at a ceremony chaired by First Lady Nancy Reagan.



The Youngs take to grandparenting: grandma holds Alyssa; grandpa, baby Benjamin. Of the oxen yoke in the background, Dr. Young says: "I view it as the symbol of marriage of two people yoked together. Just as with oxen, you have to pull together, so we've always had that hanging over the fireplace."

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50th Anniversary of the FDA

by Frank Young, M.D., Ph.D.

Let me take a moment to revisit the days before that 1938 legislation to establish the FDA came into being. In the 1930s, milk was still often harvested from tubercular cows; arsenic was routinely applied to fresh fruits and vegetables; and useless drugs were commonly sold with claims of curing all the ills that flesh is heir to. In fact, one curative hodgepodge of the time included potassium ferrocyanide, cadmium, lead and silver nitrate, oatmeal, whiskey, tobacco, and even tapioca and bay rum—which sounds like it might actually have made some people feel better if it didn't kill them first.

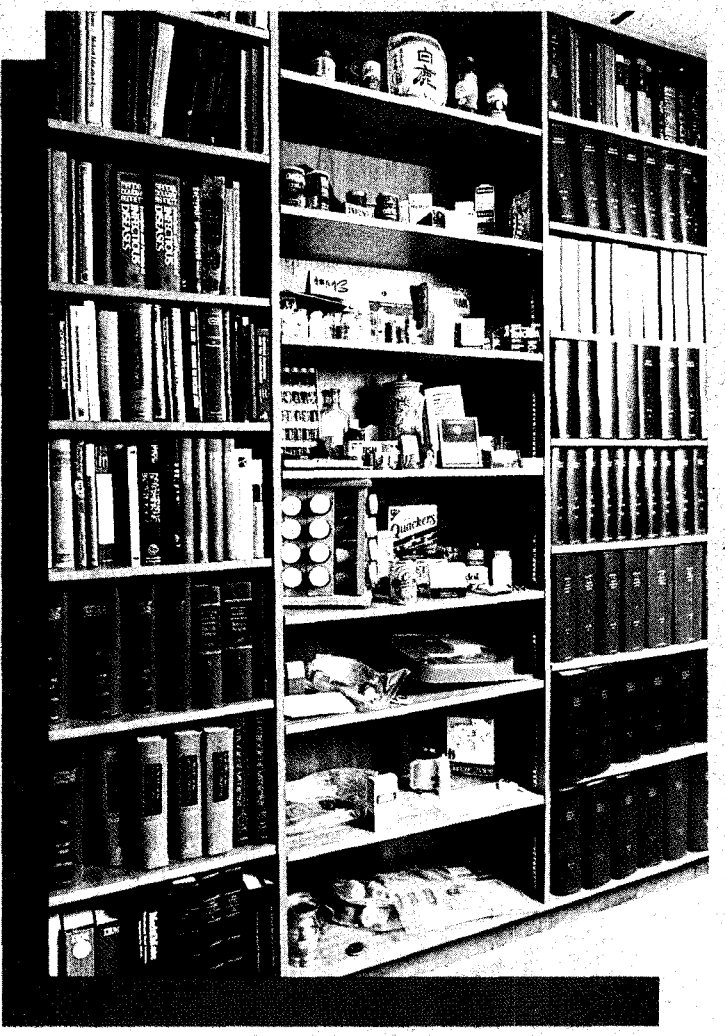
Those things weren't just nonsensical; they posed a real threat to human health. That's why federal, state, and local health officials campaigned vigorously throughout the 1930s to have legislation enacted to give food and drug officials greater authority to control such hazards. But I don't need to tell you that the truly precipitating event in the 1938 act's passage was the tragedy involving elixir of sulfanilamide.

That poisonous sulfa drug killed 107 people, mostly children, before a horrified nation realized the nature and extent of the tragedy. In fact, a young graduate student at the University of Chicago helped discover what was destroying those lives—the addition of the solvent diethylene glycol (antifreeze!) to an otherwise useful drug. That young student, Dr. Frances Kelsey, was later to become an FDA employee, and to be decorated by President Kennedy for using the 1938 law to prevent another drug—thalidomide—from being sold in the United States.

Most people, though, don't know of the many heroic efforts made by FDA, state, and local inspectors to track down stocks of the elixir before they could kill yet more Americans. One Texas state inspector drove 460 miles and called on 45 druggists in 17 towns within a 24-hour period. An Arkansas-based FDA inspector investigating one lot of the drug spent four days tracking down just one purchase, knowing only that it had been sold to someone named Long. He traveled throughout several small towns in Arkansas, finally reaching the right Long family—as a funeral for their seven-year-old daughter, who had taken the drug, got underway.

And a South Carolina inspector tracked a bottle to the grave of a man who had just died, and found the bottle among the man's personal effects on top of the grave—a custom in those parts for disposing of sickroom utensils. Amazingly, the nation's Food and

Tylenol and the FDA hit the headlines when a death-dealing culprit laced capsules with poison. Ms. Kay Hameric, staff assistant to the commissioner, explains how Tylenol manufacturers and the FDA cooperated to make sure it couldn't happen again.



These are but a few of the products that have received either the FDA's nod of approval or its thumbs down. New drugs to combat cancer and the AIDS epidemic have increased the agency's already burgeoning work load.

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Drug inspectional forces were able to mobilize so thoroughly that they found over 99 percent of the 700 pints of the poisonous elixir that had been distributed throughout the nation.

I also don't think most people realize that those forces could ensure the recovery of the drug not because it was unsafe—that condition did not warrant using existing seizure authority—but because the elixir was misbranded (to be called an "elixir" it had to have alcohol, which this didn't contain).

The passage of the Food, Drug, and Cosmetic Act into law in 1938 thus launched a half-century of scientific progress and regulatory protection for Americans. The new law placed greater emphasis upon preventing public health problems from arising rather than punishment and included several new provisions to ensure the safety of cosmetics, medical devices, food ingredients, and pesticides. In addition, one of its most important new provisions gave the federal government, for the first time, the responsibility for approving new drugs as safe before they could be marketed.

Innovation Following the 1938 Act

Industry at the time feared the new law and predicted that it would stifle research. In fact, the new law encouraged innovation, because it *required* research to prove that products—particularly drugs—were safe. As the act was being signed, Alexander Fleming's discovery that mold spores could kill bacteria was leading to the development of penicillin. An outpouring of important new drugs began with new antibiotics in the late 1940s and cortisone in 1949. Then, in a kind of creative cascade, came the first tranquilizer in 1952, the first antifungal antibiotic in 1954, the first oral antidiabetic agent in 1955, and in 1963, the first antiviral drug. Indeed, those years were so incredibly productive that they have been called the "first therapeutic revolution." And the drug review system that had been established by the 1938 act was able to ensure that those drugs were safe. As a result, as wave after wave of new drug classes were discovered in the 1940s and beyond, physicians and their patients developed a degree of confidence in their medications that had never before existed.

In the food industry, the heat-treatment techniques of Louis Pasteur were improved upon to virtually perfect the practice of canning perishable foods. New techniques followed—freezing, dehydrating, fermenting, even irradiating foods to make them last longer and preserve their nutritional content.

There was a concomitant increase in the ability of American agriculture to produce ever more bountiful yields of the fruits, vegetables, grains, and meats that serve as the basis for our food supply—largely through the development of safe and effective new fertilizers and pesticides. That productivity, combined with innovations in food processing and packaging, has allowed the industry to provide our citizens with a variety of food that is the envy of other nations.

Indeed, today's supermarket contains more than ten times the food items found in a market in 1938, and hundreds more are being developed by industry every

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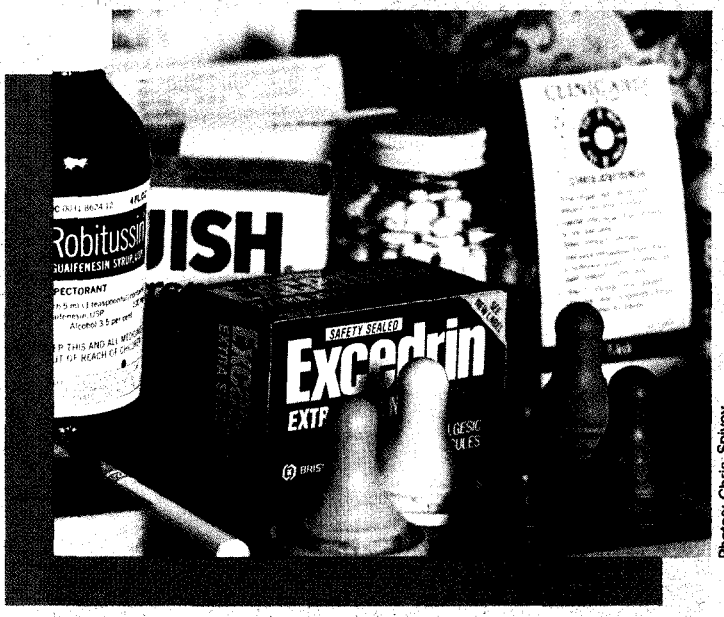
If "Premier" is deemed a drug-delivery system by the FDA, the product will be pulled from the American market. The A.M.A. and other groups have petitioned the FDA to regulate the smokeless cigarette. The consumer inhales carbon monoxide and nicotine with the product, which has gone on sale in Tucson, Phoenix, and St. Louis.



Photos: Chris Spivey

Many food and drug plants, including the manufacturers of the products shown above, are routinely inspected by the FDA to ensure product safety. The nipples for baby bottles came under scrutiny because they contained red dye.

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RICHARD SIMMONS' NEW YEAR'S REVOLUTION

by Pat Perry

Nothing quite tops the holiday season—except, perhaps, our weight at the end of it. Office pitch-ins, family get-togethers, Grandma's chocolate-chip cookies, and Mom's made-from-scratch Dutch apple pie line up as double-barreled temptations, aimed squarely at our resolve to survive the season's festivities without the unfestive fat.

No one knows the scenario like the health and fitness expert Richard Simmons. He personally knows the temptations and the consequences of a "consuming" passion that didn't stop until he tipped the scales at 268 pounds with a 40" waist. But that was 20 years ago. Today, armed with nutritional good sense and enough motivation to lead a stampede, he is helping millions of men and women confront a foe that never takes a holiday: fat.

"Do you know that the average woman will gain somewhere between 6 and 12 pounds before January 1?" Richard asks. "What happens, you see, is a ritual. It's December 31, the clock is just about to strike 12, and you start putting as many rumballs in your mouth as is conceivably possible. And when the clock strikes 12, everyone rushes to their supermarkets to buy water-packed tuna and Alva-77. If you walk into your supermarket on January 1 after 10 in the morning, you won't be able to find a single can of water-packed tuna, because that's the day everybody starts the new diet."

• • •

Anyone worth his weight in waffles knows that these New Year's resolutions dissolve twice as quickly as the weight gained just weeks before. So any real solution must come before and during the celebrations rather than as an afterthought.

"People have to understand that their body doesn't know it's a holiday," Simmons explains. "The inside of your body—the liver, the pancreas, the heart—none of these organs knows it's ho-ho-ho-day. The average person starts to eat for 12 during the holidays. Our eating habits haven't gotten any better. We have the worst eating habits in the world."

It's not that Richard doesn't know the "good stuff"—those special little treats that surface only during the holiday seasons. He's been there, and he had the girth at one time to prove it.

"On Christmas day, 14 million American women will take a quart of sour cream and a package of Lipton soup mix and make a dip," Richard fondly relates. "Now, I could eat that dip on top of cement. I'm not kidding you. On live mice, I would eat that dip. I have dipped everything, including parts of my hand, in that dip.

"But the big thing in 1988 is honey-baked hams," Simmons continues. "I mean, everybody during Christmas bakes a ham. I'm surprised there's a pig left in America. On Christmas, 30 million women will be serving a honey-baked ham. I love them, you love them. I mean, even dead people like honey-baked hams.

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"During the holiday, the temptations are everywhere. Satan is buried in the sandwiches and candy at the office, and everyone bakes and gives each other food," he says. Simmons knows. "Don't build your whole holiday season around food.

"Before going out to those dinners and parties during the Christmas season, go immediately to the bathroom. Remove all of your clothing and just stare in the mirror," Richard advises. "This is a very healthy thing to do. Take a thick red felt-tipped marker and put small little x's on all of the areas of your body that you don't particularly like. Because people don't look at their bodies enough, and they have to see all those little cookies and treats and what they are doing to their bodies."

• • •

You see the problem in the mirror and know you've got to stop. But how? Richard firmly believes that "you get yourself to stop by having more respect for yourself. When you're overweight, your heart beats at a different pace, your blood flows differently, you have this globby fat all over the insides of your body. Breathing and posture changes. And then there's the attitude. You personally look in the mirror, and you see the pounds have to go. It shows in your clothes. It shows in your face. Ask yourself a very simple but important question: 'Aren't you more important than what's on your plate?'

"There is not a cookie you have not tasted. There is not a Christmas candy or fudge you have not tasted. You have been there before. You have done it all, so just start cleaning up your eating habits. I mean, look. God does not have a scale at the Pearly Gates. He does not say, 'Oh, Mrs. Anderson, you can come in now that you've lost 83 pounds.' If you're on this earth and you're trying to live the best of the best, you've got to take care of your health.

"Your health and your life and your relationship with your family are a lot more important than your relationship with dressing and gravy, aren't they?"

It is hard. Food is a quick fix. And Richard Simmons knows the food affair can be addictive.

"My mother broke water at a very famous restaurant in New Orleans," Simmons relates. "I was delivered on the second floor of a restaurant in the French Quarter. This is a true story. I mean, I had Béarnaise sauce on my rice crispies. I *love* food.

"Right now, if there was a man with a gun pointed at my mother's head and they said, 'Richard, lasagne or Shirley,' it would be, 'Lasagne'!"

• • •

Redesigning eating habits and serving styles are basic tools in helping you avoid even the possiblility of overeating.

"Throw away all large bowls in the kitchen," Simmons directs. "Stop serving food table-style, family-style, where you're putting everything on the table. The food should be portioned out in the kitchen and brought to the table to eat. *No food on the table.* No large turkey. No 400-pound honey-baked ham. None of that on the table. Here's a holiday quiz. While you're eating a piece of turkey, aren't you eyeing another piece on the platter? While you're finishing your stuffing, aren't you eyeing that second portion? I have friends who, when the fried chicken comes to the table, have already picked out their first, second, third, and fourth pieces."

Family-style dining can make you fat, so don't bring a 400-pound baked ham to the table. Skinny people portion food in the kitchen.

What about all the various "diet" substitutes? Can we safely pig out on those and manage to control the calories?

"Smaller portions is the real key," he says. "Forget about substitutes, which are usually full of preservatives and additives. 'Smaller portions' is the phrase to keep foremost in the mind. If you want a piece of cake, have a piece of cake. Don't sit there and eat the whole thing. If you want some stuffing, have two tablespoons of stuffing, not half of the bowl. During the holiday, you shouldn't have to sit there with a tofu burger. You should just take smaller portions and exercise more."

Adult eating habits set a direct example for our children, and Richard stresses that we should realize what we are doing.

"Kids are like Polaroid cameras. It's terrible. Boy, when they see Mommy and Daddy eat during the holiday season, they pull up a chair. Did you ever see a thin Santa? And what do we train our kid to do? Leave cookies and milk."

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LONG TIME NO SKI

by Maynard Good Stoddard

Illustrated by Don Trawin

The old saying "One good turn deserves another" does not apply when it comes to cartwheeling downhill on a pair of glorified bed slats.

Bill Cosby, who had no sled or skis as a kid, had to come downhill on his cousin. But let's say that as a kid you didn't even have a cousin, much less a sled or a pair of skis. And now, even at this late date, you feel inclined to augment your exercise routine with the "thrill of the hill," as the macho set has dubbed it.

You say you don't have an exercise routine? Oh, come now. Listen to what Jane E. Brody says in a popular retirement magazine: "Not until our 50s do we realize that we must take care of our bodies if we want to remain residents of them for 40 more years." She also calls attention to the aspiration of the ancient Greeks: "To die young—as late as possible."

You are now listening to a man who in his hey-hey day went skiing—once. A man who managed to go downhill on those glorified bed slats with the turned-up toes for, oh, it must have been all of 20 feet. My mind is still a bit hazy from having hit a hummock of snow that some chump ahead of me had piled up with his fallen torso. The resulting maneuver I executed is known in skiing circles as "hotdogging." I didn't know this at the time, because I didn't know anything at the time—not until after the ski patrol had dug me out and asked me if I knew what day it was.

If you think that I am not now qualified to give ski instructions to the raw beginner (and I didn't just pick that adjective out of a hat), you can leave right now. For you who stay, we are going up the hill and coming down the hill, and we are going to get our exercise if it kills us. But I'm getting ahead of myself.

As with other forms of exercise,

You'll begin on the bunny hill, so named because at even the sight of this gentle slope beginners often hop off their skis, especially if someone has left body-size indentations in the snow.

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you don't want to start off cold. (You may be cold soon enough as it is, to be downright blunt.) To begin your warmup, run to the top of the stairs and come back down without using your feet. This will tone up that part of your bod absorbing the brunt of the punishment in the early going. Then go back up, run down, and pitch forward on your face. To add to the realism, have someone waiting to chuck ice cubes down the open neck of your shirt.

For more advanced warmup exercises, stand on the bottom step and leap flat out backward, arching your back so that your head and shoulders hit the floor first. Upon recovering, charge across the room with your arms at your sides and slam full tilt into the wall. Rough? Yes, it's rough. But you are now ready for anything the thrill of the hill has to offer. Without giving your body these warnings you wouldn't have the life expectancy of a fruit fly.

You'll begin, of course, on the bunny hill, so named because even at the sight of this gentle slope beginners are inclined to hop off their skis, especially if a predecessor has left body-size indentations in the snow. Not you, however. Now that you have survived the warmup, you are ready for anything.

First of all (or is it second of all? I've lost count), you'll need the proper equipment: boots that fit snugly; bindings (not to be confused with bandages); skis no longer than your height, measured before you end up lying alongside one, the other having departed for parts unknown. (Once a ski is locked onto a boot, it's wise to test the release mechanism by kicking it with the toe of the other boot. Heaven forbid, but should you improvise a back 2½-with-full-twist, you'll want to shuck those suckers as quickly as possible.)

Now this may come as no surprise, but before you can come down a ski run you must first arrive at the top of the ski run. To do so, you are offered three choices. If you have time, for utmost exercise you can stick your skis under your arms and crawl up. The second utmost is to ski up, a maneuver known as the "uphill Christy" —recommended only for the "physically gifted," which we will assume you are not. But no sweat. The unphysically gifted have been provided a T-bar ski lift.

If you think the T-bar offers no opportunity for exercise, then you have never seen beginners come off this dude at the top of the hill. Being expelled at a pretty good clip, some employ the cartwheel method of stopping. Those who by some miracle remain upright may find themselves charging down the back side of the slope, where the owners have neglected to clear a run. Besides the aerobics this affords, it can also strengthen the lungs as the skier screams "yeeoowww!" all the way to the bottom. Or to a tree, whichever comes first.

Let us fantasize that you've come off the T-bar in a dignified fashion, you've caught your breath (and the breaths of several other people who have fortified themselves with garlic omelets for breakfast), and you are ready to offer yourself up to mother gravity. Rule No. 1: try not to be afraid. Fear tends to stiffen the body (which could happen soon enough without working at it). And tense muscles cannot react as well as relaxed muscles. And should we encounter a moose crossing our path on the way down, we will want to react right away, won't we?

Now for pete's sake, don't go relaxing to the point of dragging your duff in the snow on the takeoff, a maneuver known in skiing circles as "dragging your duff in the snow." Not only won't you be taking off, but you also might be upsetting the other beginners following in your wake down the slope.

O.K. Let's pretend that you are safely on your way, skis properly spaced six to eight inches apart. (A word about that: closer together is preferred by most skiers over farther apart, for once those overgrown laths begin spreading, you could very well be sneaking in the back door of the ski lodge with a gap in the crotch of your pants that a cat could crawl through.) You are bent slightly at the waist and the knees, a posture known as "angulation"—unless you bend too far, in which case it is known as "prone" or "supine," depending on whether you pitch forward on the upturned tips of your skis or backward on your head and nether end.

Just for the fun of it, let's say you see a fallen skier dead ahead (a poor choice of words, I'll admit, but it's too late now), whom you'd just as soon avoid. No problem. Turning directions is merely a matter of "weight transfer." This is accomplished, according to a fellow authority on skiing, by "leaning out over the more heavily weighted ski at the waist." (What a ski is doing at the waist, he doesn't explain. One is left to surmise that the skier has already plowed into the moose. In which case these further instructions do not apply.) "Push the knee slightly inward over the downhill ski, causing ski's uphill edge to bite more firmly into the snow. The opposite knee must *not* be turned inward. The unweighted uphill ski. . . ."

On second thought, instead of trying to turn, you might find it easier to stop altogether. (Let's make that "all together.") Which brings us to the technique known as the "snowplow."

No, your body doesn't have to plow up the snow until it forms an embankment. The snowplow is your basic maneuver for slowing down or coming to a dead stop (there I go again). And again I'm taking another expert's word for it.

"Face downhill with the tails of your skis spread wide, keeping the tips about four inches apart. To check speed, simply push the tails farther out. The wider the tails are displaced, the slower the speed. Spread them far enough and you'll come to a complete stop."

What this expert fails to mention: let the tips overlap and you'll come to an even more complete stop. More abrupt is what I'm trying to say.

Well—what's left? You know how to warm up, the equipment you'll need, how to get up the hill, how to start down, how to come to a premeditated stop. Now all you have to do is find a ski run.

If you are flush with cash, you might consider mingling with the legcast set at Aspen, Colorado, or Sun Valley, Idaho. If you aren't quite that well-heeled, perhaps you'll be satisfied with just running down the stairs and pitching forward on your face and having someone waiting to chuck ice cubes down the open neck of your shirt, etc. In which case your only expense will be a few bandages here and there.

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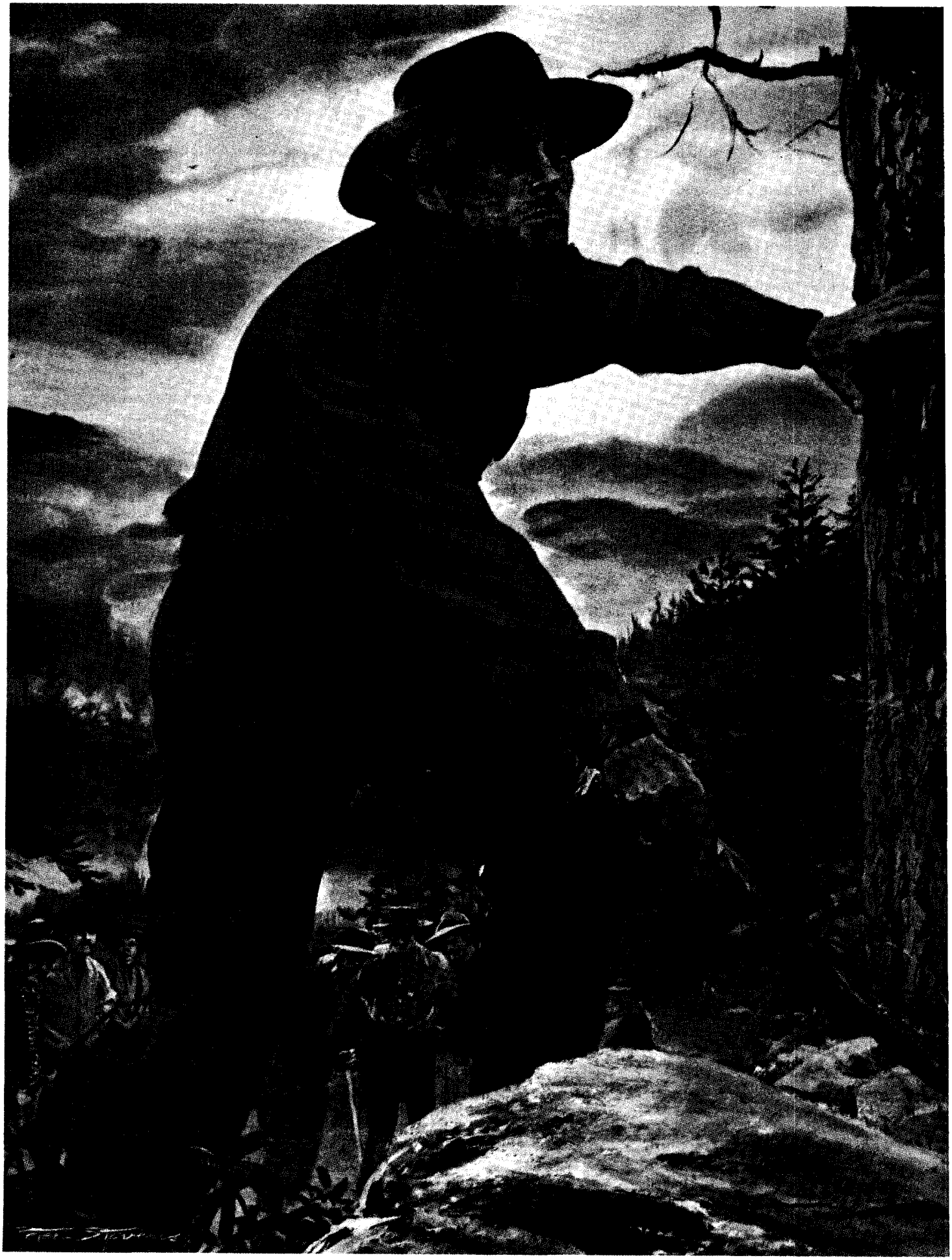

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They didn't hang him for the crime, because he was blind. Instead, they condemned him to be forever the

Outcast of the Hills

BY STEWART TOLAND

It was a day no different from any other day, as dark and drear as most. It was the day before Christmas. But that made it no different from any other. There was no tinsel to be strung, no stores to run to, no stockings to be hung.

For in these hidden hills Christmas was only the telling of the Story. Each year the little children were gathered together, and they chose someone to tell it to them—just how it was that Christ was born. And every story was different. Yet every story was the same. For it was told to the little children, and it was never forgotten. The children changed, they were the children's children, but the years were remembered by the Christmas Story. That was all they knew of Christmas.

On other hills in other places there was dancing and singing, but a changing world walked slowly here. So it was only Christmas and the gift of life that came to them in this darkest time of the year.

And it was dark indeed this year on the hill called Hope. For Jonathan Deal was a condemned man. He was young, and big as a strong tree. His pants were homespun, walnut-dyed; his shirt was blue, with leathern sleeves; his hat was broad and low and black. He was a proud-looking piece of a man.

And he was blind. It was an accident made him so two years ago. A hunting accident—men chasing a wounded buck, and one fool man running shooting out of the brush right beside where Jonathan stood. It was so close the fire caused a creeping sickness in his eyes, and he'd had just long enough to say good-bye to all the things he'd seen and loved. It was an accident that could have happened to anyone. He was not bitter about it. He was only blind.

That was why they couldn't hang him now. Not even for what he had done. For they said he had set a bear trap in the forest, and for setting bear traps in the hills men have been hanged.

• • •

It wasn't his trap. He had not set it there. He had only found it. But no one would believe him. No one would listen. And the coward who had placed it there didn't come forward and tell. Not just to put a noose about his neck.

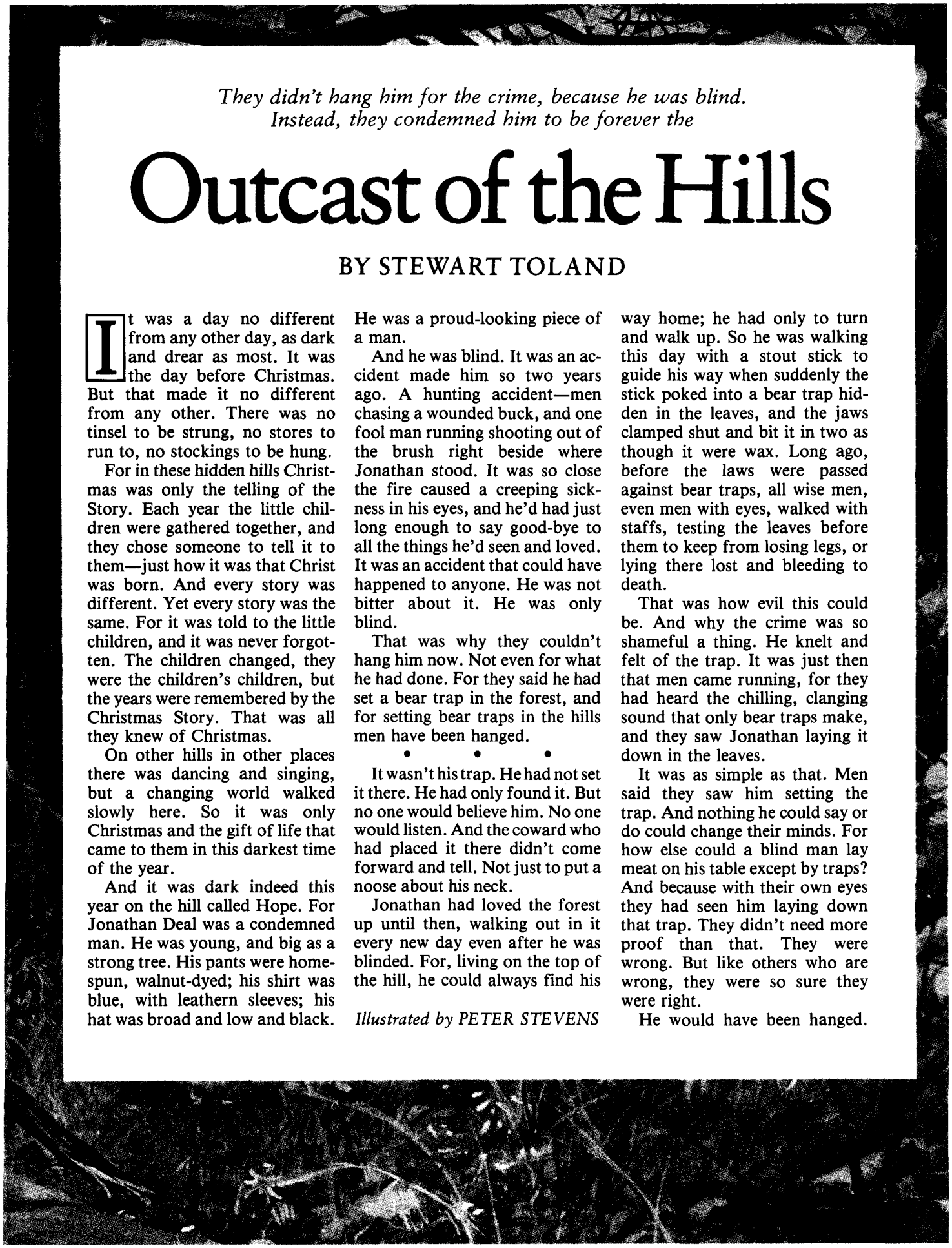
Jonathan had loved the forest up until then, walking out in it every new day even after he was blinded. For, living on the top of the hill, he could always find his way home; he had only to turn and walk up. So he was walking this day with a stout stick to guide his way when suddenly the stick poked into a bear trap hidden in the leaves, and the jaws clamped shut and bit it in two as though it were wax. Long ago, before the laws were passed against bear traps, all wise men, even men with eyes, walked with staffs, testing the leaves before them to keep from losing legs, or lying there lost and bleeding to death.

That was how evil this could be. And why the crime was so shameful a thing. He knelt and felt of the trap. It was just then that men came running, for they had heard the chilling, clanging sound that only bear traps make, and they saw Jonathan laying it down in the leaves.

It was as simple as that. Men said they saw him setting the trap. And nothing he could say or do could change their minds. For how else could a blind man lay meat on his table except by traps? And because with their own eyes they had seen him laying down that trap. They didn't need more proof than that. They were wrong. But like others who are wrong, they were so sure they were right.

He would have been hanged.

Illustrated by PETER STEVENS



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Just like that. Any other man who had done what he had done would have been. Only they would not hang a blind man. So they set him free with their hands, but not their hearts, for in the hills forgiveness is not known—not in these men who are made of stone. They would not have a blind man's blood upon their hands; they just took everything else. His pride, and his honor, and his future. They set him alone upon his world, condemned and an outcast. No man saw him. No man heard him. No man spoke to him. Not anywhere. To them he was a dead man lying in the forest he had betrayed. This was the price they asked Jonathan Deal to pay. This was how these men took a man's life without killing him.

And Jonathan thought he might as well be dead. And he hated the hills and the people in them. They had stolen his pride and his place among men. He had believed in them and they had betrayed him. They had made him forever condemned. It was a loneliness such as he had never known. Not even blindness was as dark a place as this. As to be a man shamed and shunned.

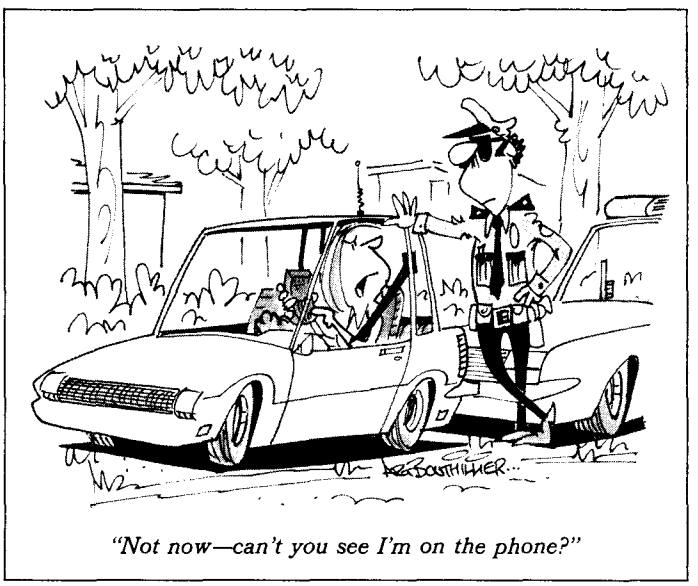
Mis' Loulie watched him. She sat in her dooryard weaving ribbons on her ribbon loom, for she wove them for all her days; they made a strange and lovely pattern of darkness and light. And now nearly all her ribbons were done, and she had only to unravel them one by one. For she was old. As old as people ever have a right to be, and wise with the wisdom of living.

And so she knew this thing hadn't really begun with the crime folk said Jonathan Deal had done. It began when the hills were made. They were the first. Before all the other hills, these were carved of stone and storm and loneliness.

For her hills were in the Great Smoky Mountains, there beyond the end of the road. Out of Chattanooga or Sweetwater or Maryville, every road would lead you there, and no road would go there. It was in a gap between the greater hills that folk measured and climbed to see how high and proud they could be. But these hidden hills had remained their own.

Some said God made them. He put the forests there to bend low over the hills, and shelter them and give them warmth. He put the rushing waters there so the hills need never be without a song. He put the mists there to keep the beauty and the secrets safe from a changing world. And when He'd made all this, He called the place His own. And the people living there are born with a stange beauty within them. And faith. Some say this is so.

But some say the Devil made the hills. He made them steep, so men must work even sometimes only to breathe. He made them of stone, with so poor a covering of earth that few men can grow bread enough to last the year. And he set these hills on edge, like jagged teeth set to bite, so men looking at them can know how devouring a thing this wilderness is. And when he'd made all this he called the place his own. And the people are born with the hunger in them, and the hardness. Men like stone. Some say this is so.



"Not now—can't you see I'm on the phone?"

Mis' Loulie didn't know. Only that it was a true fact that in these hills there are two things in every man. The timeless faith of the hills. And the coldness, the hardness. For people are like the land they live in.

And so this thing happened. These men stealing a man's life without killing him.

Mis' Loulie looked away from her hills. And now she sat and watched Jonathan Deal. Not with her eyes. They were gray and secret as faraway mists; it had been years since she watched the world only with her eyes. So she sat there watching him with her heart. She saw his bitterness. She saw how all his hope and trust were gone. Here on the hill called Hope, there was no hope left for him.

And she said, "I cannot understand why this has come to be. But I have faith. I know there is good in this, for there is good somewhere in everything. We have only to find it."

And so, on the day before Christmas, she tried to see if she could see where the goodness might be. She searched for it on the ribbon loom, on the shining threads like the threads of life, weaving a pattern no one knows. Just holding it, she could think; and looking on it, she could see the things she couldn't see. She looked and looked. And she saw how fragile a man's pride is, and how much of him it is.

She saw how big men's ears are, and foolish, and believing. That was what she saw. A whole world of listening ears, believing anything they hear. It was very odd. For she recognized them. There were all the ears on all the hills. There were Jonathan's ears. She saw how deaf they were to the small, unspoken things; like all the other ears, they could hear only the shouting of the crowd.

It was very strange. She puzzled on it, and she might be sitting there puzzling still, only that was the day of the thieving. For on Christmas Eve Mis' Loulie's sheep were stolen—the ones she had trusted Jonathan to keep safe. And all of them were gone. Only the bells were left lying in the meadow.

Jonathan went out early to count them home. He knelt by the shed gate, for that was the way blind men counted sheep. It was to let them walk into his arms as though that were home, and he'd whisper each one good night and promised to keep it safe as he counted it through the gate. So he knelt there and listened to hear the sheep bells singing on the wind. But there was no sound. He walked to the meadow and called. And they did not come. Then he stepped upon a bell.

It was just where it fell, its collar

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ripped in two, all the stitching cut away. He found another and another. He gathered them as though just by wishing he could fill them again. And dragging the collars, he heard the bells make a queer, sobbing noise. Or maybe it was the man. For the sheep were all that had been left to him. And they were gone.

His young wife, Mary, heard the bells. The strangeness in their ringing. She came to the door to see, and she saw her husband crawling over the frozen meadow after something that was not there.

She ran from the house and her hill. And at every cabin she said, "My man has lost Mis' Loulie's sheep. They were his faithful charge. They were all the pride he had left. Please help me find them, for without them he has nothing, and everything in him will be dead."

But no one had seen the sheep. Nor heard them, nor smelled them. But they promised to look. And on every trail there were people walking, carrying their children to hear the Christmas Story. Somewhere the lost might be found.

A darkness came all over the world. And it was night. Jonathan left the meadow. He came to the log shed and found the gate open. He smelled the sharp, clean smell of pine smoke, and inside the gate, standing in the ground, was a lightwood torch. And inside the shed he touched wool.

It was as tall as a sheep and as thick as a sheep, and it had wooden legs and a wooden head with two round stones for eyes.

"They're black," a small voice said. "They're almost nearly black as coal, saving they don't rub off. And it looks almost nearly like a sheep. Back a ways yonder you'd surely think it so."

Jonathan closed his arms and gathered in the wooden sheep and a little boy. He felt of them all over, so he might know just exactly what they were, and the child didn't giggle or wiggle away, so he knew the man was blind. And Jonathan knew he was a little boy as tall as goldenrod, with his coat buttoned with twigs, and no pulse warmers or mittens, and his hands as cold as stone.

Jonathan held them close within his own. "Who are you?" he asked. "And why have you come this long, lone way?"

"I'm Eben. I've come because you have lost your sheep. And I know what it is to want to be a shepherd and have no lamb at all. And because you're blind. It could be a blind man might need to pretend even more than me."

Eben lived in the hollow below the hill called Hope. He had a mother and five brothers and sisters, and they were just on the way to hear the Christmas Story when Mary came telling of the sheep that were lost.

And Eben's ma had said, watching Mary run on, "It don't seem right somehow to hear the Christmas Story when there's someone deep in trouble. It seems on Christmas night one ought do more than listen."

"Hey! Here's a little something that won't kill us!"

"I could carry him my sheep," Eben said. "For I have heard the Story, and I do not need to hear it so soon again."

She looked at her son, and she was proud. "Yes, Eben, you have heard the Christmas Story, and I think you listened very well. You may go spend this lonely night with a lonely man. Tote you a hearth brand to light your way, and be good."

That was how he had heard, and how he had come, and why he was here.

Eben laid the lamb in Jonathan's arms. "It's of the brier wool. For most a year I've followed the walks where your sheep walked, and took the wool they tore and left behind. I gathered as much as a whole fleece and made me a sheep, for in our house there's never cash money to buy a sheep that lives and walks. But when I set it out to pasture, it looks almost like I got property." It was in his voice—a wonder and a pride.

"I carry it out every morning, and listen for dogs or any hurt, just like it was waiting for me to keep it safe. And I count it home at night, and I made a little bell of a tin and a shotgun shell, and I ring the bell, slow and every now and then, and I listen in the dark, and it is such a lovely sound. Almost as though my sheep was real, and I was a shepherd. That is what I want to grow up to be. A man of property. A shepherd watching over his fields at night, keeping them safe and sweet."

Jonathan listened. And he could see Eben. He wasn't just a little boy as tall as goldenrod; he was everything a little boy can be. He could see him because he could see the little boy he used to be. Wanting a hoe and wanting a plow and wanting a crop. And wanting sheep. So he could be a man of property and show something for the years of his life. So he could watch them home at night, and come as close to peace as man may be. He had forgotten. He had forgotten about the little boy he used to be.

Eben stroked the lamb of sticks and stones. "I made it to learn me to be a shepherd. And I made it for Christmas night, because it's on Christmas night, they say, when miracles come closest to the earth. And it was to the shepherds the angels came, so I figured maybe some angels might be flying close and, seeing my sheep, come and make it real for me. Do you think the angels could do so much?"

And Jonathan said he thought they could. He thought the angels could do most anything.

Eben signed, so soft a sigh. And he kissed the lamb good-bye. "I think so, too," he said. "That is why I brought it, so the angels can make it real for you, and you won't have lost everything, like the lady said."

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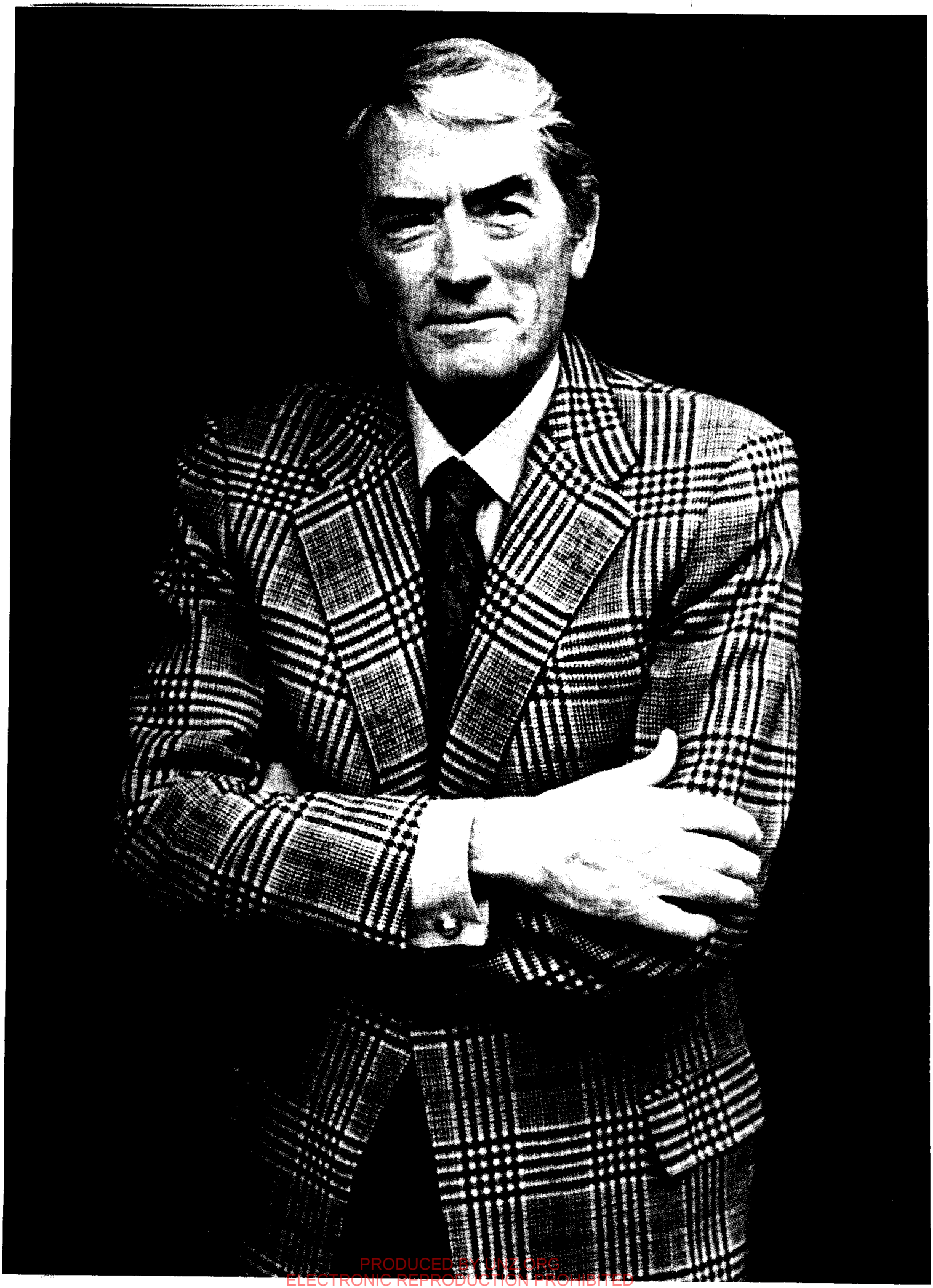

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IMPECCABLE GREGORY PECK

This seemingly ageless actor, who has delighted movie audiences for nearly five decades, is still very much a star.

by Rosemary Holusha

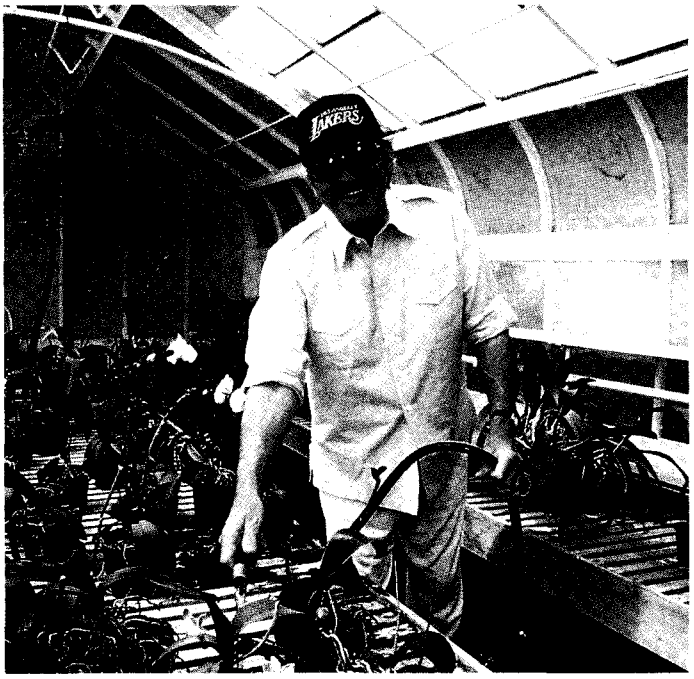
The voice is as melodious as ever, and the figure is still dashing. "I'm Gregory Peck," he says, offering his hand. To my surprise, he looks and sounds just as he does on the screen. Although he is dressed in a white sweatshirt and casual slacks, there is an aura of class about the silver-haired, 72-year-old actor.

We meet in the opulent living room of Peck's home on his four-acre Holmby Hills, California, estate. Cloud-like Phaleanopsis orchids fill the vases, and paintings by Matisse, Leger, and Picasso help to brighten the room.

Liquid refreshment appears on a shiny silver tray. "Pretty soon we're going to have to give up everything that is fun, but I do enjoy coffee," Peck muses. Then he adds, "Would you like to sit closer to me?" I scoot my chair and, hoping to surprise him, recite a few lines from *Abraham Lincoln: The Prairie Years*, the first volume of Carl Sandburg's masterwork on Abraham Lincoln, the actor's idol since boyhood. "Ah, that's nice," he says with a smile.

Peck's admiration for Lincoln led to his first dramatic TV role, in the 1982 miniseries *The Blue and the Gray*, in which he played the president. "I must have recited the Gettysburg Address 500 times outside on the lawn, among the trees, and to anyone who would listen," he says, laughing.

"Lincoln is the ideal American," Peck explains. "A native genius, cast up out of a very ordinary heritage . . . the great American saga and legend from start to finish. I always wanted to play him and I finally got the chance." Peck's only regret is that it wasn't a full-length portrait of the president.



Of his favorite pastime, Peck says, "I think more clearly when I have something interesting to do in the garden."

The Decent American, The Honest Villain

Gregory Peck was the postwar dream man, tall, dark, and handsome with a commanding voice. World War II had drained Hollywood of some of its top leading men, and Peck, draftproof due to a spinal injury, at 6'3" with broad shoulders, seemed the man destined to take over.

In a career spanning 46 years and 54 films, Peck has treated us to many characters. We remember him best as the decent American, the guy we can count on. Even his villains have an inherent integrity. But he is most firmly locked into our consciousness as Atticus Finch, the compassionate Southern lawyer who defends a black man on a rape charge in *To Kill a Mockingbird*.

Harper Lee, who wrote the Pulitzer Prize-winning book (her father was the model for Atticus), had some reservations about Peck's playing the part. "But when I saw him in his wardrobe test wearing the 1932 suit with no pleats and no shape, he was suddenly Atticus," she said. Peck, who was nominated for an Oscar for *The Keys of the Kingdom, Gentlemen's Agreement, The Yearling,* and *Twelve O'Clock High,* finally took home the coveted award in 1962 for the role of Atticus in what has been called a "triumph of performance."

"It was so easy for me to do," Peck says. "It was just like putting on a comfortable, well-worn suit of clothes. I identified emotionally with everything that happened in that story, with the small-town life which reminded me of the California town where I grew up. And I think that Atticus Finch was a popular man. For a long time I was a very busy fellow on the freeways, waving back to well-wishers at red lights, who would grin at me and yell, 'Hi, Atticus,' and I would grin right back."

What Is Star Quality?

Some actors can look different in each role, but not Peck; viewers are always aware of who is on the screen. The actor stretches his long legs and folds his arms. "I can't disguise myself with this voice and my physical limitations," he says. "The height has something to do with it, and the definition of features. But one time I think it worked. In the television movie *The Scarlet and the Black*, I play an Irish priest within the Vatican who is supporting and maintaining a network of people who have escaped from the Nazis. The priest has disguised himself in various ways to elude them. In one scene there are three nuns walking down the street, and one of them is over six feet tall—and that is me," he says, laughing at the thought. "It does put some limits on your versatility, though.

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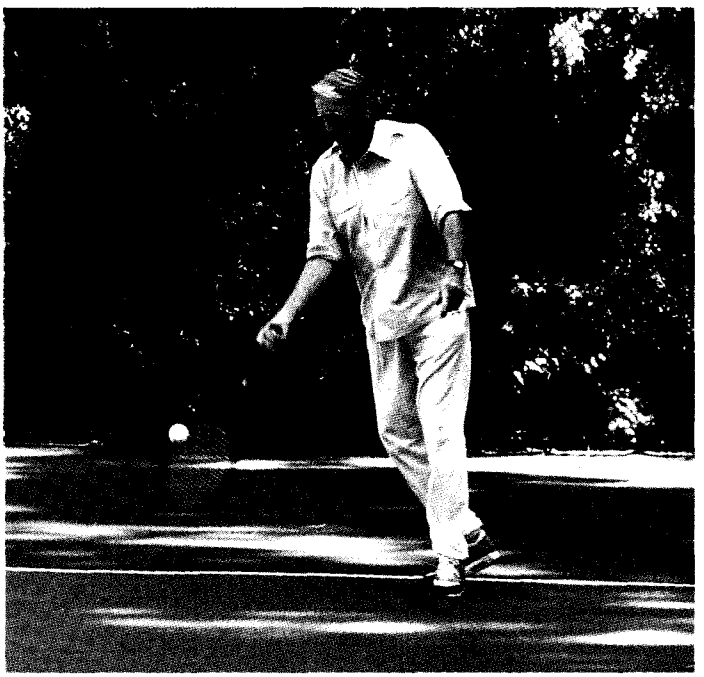
"I've always tried to vary things a bit and not repeat the same character," Peck says. "My agent will say, 'You shouldn't be doing this. You were so successful in *Twelve O'Clock High*, you can do that character with variations indefinitely.' But I always thought that was the easy way to go."

I ask if Audrey Hepburn stole *Roman Holiday,* her first American film, for which she won the Oscar. The measured voice continues, "No, it was her movie. We shot for a week, and everybody could see that she was born to play the role. It was a fun movie to do, in Rome. All joy, no suffering, no climbing cliffs or getting shot up."

Even in his first film, *Days of Glory,* Peck had star quality. I ask him to define it. He answers: "I worked with Florence Bates, a character actress in films and on stage, who once told me that the actor can be no bigger than the man. So I think what makes a star is an interesting person whom the audience enjoys watching to see how they will handle their problems and what they will do next. I don't think the audience cares about the art of acting; they want to see interesting people on the screen. I will call it the 'X' quality, but no one understands it."



Tennis is purely a social activity for the 72-year-old actor. Ever the gentleman, Peck remarks: "The winning or losing part is irrelevant."

Rajah, one of the golden retrievers, wanders in, and Peck greets him: "Well, well, how did you get in here, boy? He's the three-legged wonder dog. He got hit by a car when he was only ten months old, but he's overcome it. You can stay if you sit down. He's the No. 1 dog around here. He wants to say hello, a little greeting first."

The Acting Bug Hatches

Gregory Peck was born on April 5, 1916, at La Jolla, California, the son of Gregory and Bernice Peck. His father, known as "Doc Peck," a fun-loving Black Irishman, was the druggist in a town of fewer than 2,000. "Everybody knew everybody," Peck recalls. "There weren't any street addresses; your redwood bungalow had a name on it." Peck's parents divorced when Greg was six, and he spent his growing-up years shuttling about between parents and grandparents.

The acting bug bit at college when the director of the University of California's Little Theater told Peck he needed someone tall because he had a surplus of short actors. Peck switched his major from medicine to English and began to develop his acting talents. His last year in college he appeared in five plays.

After graduation, he sold his Model A Ford and took the first train to New York. He won an audition for a scholarship at the Neighborhood Playhouse School of Dramatics. "Those were hard times. Often I was flat broke, and sometimes I would sleep in Central Park," Peck remembers. "But it didn't seem like a hardship because New York was such an adventure. We didn't have the money to attend the plays and would wait until people came out to smoke a cigarette after the first act. We would mingle with them, then go into the theater and look for empty seats, so I saw the second and third act of practically everything on Broadway. And something funny came out of that. When I went to work for David O. Selznick in *Duel in the Sun,* he asked me why I had never mentioned *Gone with the Wind* [Selznick's most famous production]. I said, 'Well, to tell you the truth, I only saw the second half.' He set up a private showing so I could see all of it."

After a two-year stint at the Playhouse, Peck was offered a job by Guthrie McClintic and a chance to act with McClintic's wife, Katherine Cornell, in *The Doctor's Dilemma.* After playing the lead in *The Morning Star,* his Broadway debut, and two more plays, he signed a contract with an independent film company headed by Casey Robinson, who wanted him for *Days of Glory.* The film was memorable only in that afterward every studio wanted Peck.

Hollywood Calls

It has been reported that Peck's agent was a "harried auctioneer presiding over the wildest bidding among producers Hollywood had seen." Peck signed contracts with 20th Century Fox, MGM, RKO, Casey Robinson, and David O. Selznick, and he was committed to star in 14 pictures.

In one of them, *The Keys of the Kingdom,* Peck played a priest who ages from 19 to 76 years. "I gave it total sincerity and very little skill," he says. "It was only my second movie. And here I had this big role, responsible for the whole picture, which took seven months to shoot. Had I done it ten years later I think I would have been able to give it more color. Sincerity is O.K., but that is what you start with. As George M. Cohan used to say, 'Always serve it up with a little gravy.' But I was too new to the game to serve it with some gravy." I remind him that his fans love the film. With a laugh, he says, "I know."

In 1946 Peck made his first Western, *Duel in the Sun,* playing the likable but bad boy Lewt, who mortally wounds Pearl (Jennifer Jones) before their final embrace. *Duel* was his first departure from heroic roles, and he relished it. Thirty-eight years later at an Academy Award reception, Jones, radiant in gold lamé, and the actor were talking together when Peck noticed a man staring at them. Peck invited him over and introduced him to the actress. The man, a Spanish director, said, "Forgive me for staring. The first movie I ever saw was *Duel in the Sun.* I flew from Madrid and ar-

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rived in the United States today for the first time. On my first visit I win the Academy Award, and now I see that Pearl and Lewt are still together. What a wonderful country the United States is!"

Peck continues: "I worked with some great old-timers: Charles Laughton, Walter Houston, Ethel and Lionel Barrymore. They had fun acting. Lionel would rehearse a scene for hours before they would shoot it. By the time the scene was set, he had spent enough energy for 100 men. The director of *The Valley of Decision* once said to him, 'For God's sake, Lionel, stop that. You're going to give yourself a heart attack.' Lionel said, 'W-e-l-l, who gives a d—!' " Peck delivers this line with an imitation of Barrymore's rasping deep voice.

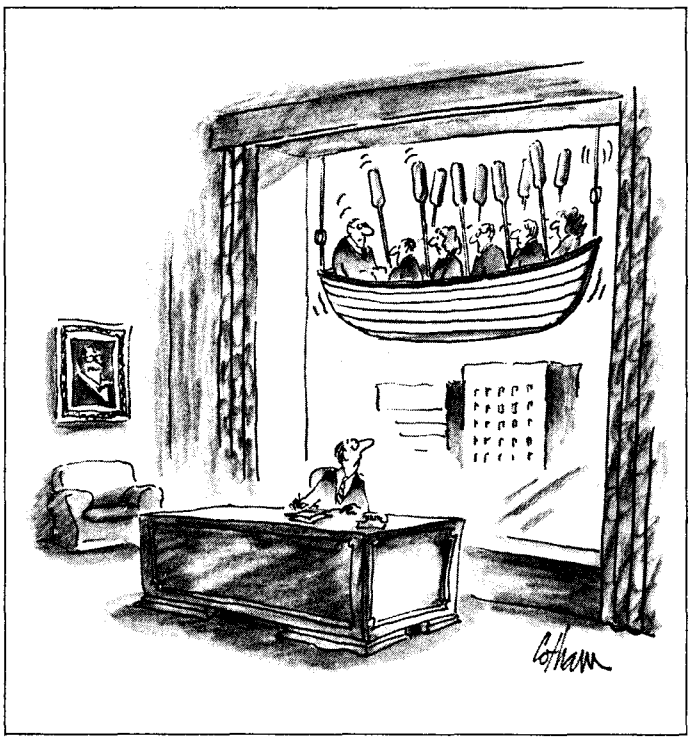
Still Acting and Advocating

I ask about his acting future. "I don't want to work at all unless it's something with a chance of real quality," he says. "I never expected at my age to be making three pictures a year. I keep dreaming that the next one will be the best I've ever done, and I'll have a real chance to show off." Moviegoers will have a chance to see Peck "show off" in his latest movie, *Old Gringo*, costarring Jane Fonda, in which he plays the flamboyant writer Ambrose Bierce, who disappeared in Mexico during the Mexican Revolution.

The actor has been generous with his time to various causes. As a member of the National Council of the Arts, he was instrumental in raising the $4 million first federal subsidy for the arts. He was the California state chairman of the American Cancer Society in 1964, and he became national chairman two years later. During his terms of office, $50 million was raised to help conquer this dread disease. He was quoted as saying: "This is the most rewarding work I've done."

In 1969 Peck received the Medal of Freedom from President Johnson, the highest civilian honor this country bestows. The previous year Peck had won the Jean Hersholt Humanitarian Award. And next March 9, he will receive the Life Achievement Award from the American Film Institute.

The actor's current interest is nuclear disarmament. In an interview on *Today*, Peck remarked: "I would give up everything I do and everything I have if I could make a significant difference in getting the nuclear arms race reversed. It is the No. 1 priority in my life. My work was the main thing in my life for a long time; now I'm beginning to think a little more about what the future will hold and what kind of world my kids will live in." Because of those convictions, Peck agreed to play the president of the United States in *Amazing Grace and Chuck,* a film about a Little Leaguer who dreams of ending the nuclear arms race. "I did it because I love this film," Peck says. "It's about one lone, powerless individual and how he can make a difference. If only this could happen, the world would be a wonderful place."



Family Tragedy—and Hope

But Peck has no complaints about his personal world. He has been married for 33 years to Veronique Passani, a one-time reporter for *Paris Soir*. They have two children, Anthony and Cecilia. Peck had three older sons, Jonathan, Stephen, and Carey, with his first wife, Greta Rice.

"Everything is dandy," Peck says. "I'm a very lucky man. I've got my interests, my work, my wife, and I'm so interested in what the kids are doing. Carey is a banker and Stephen makes documentary films. Anthony and Cecilia both have acting careers." So far there are two grandchildren, Marissa and Ethan.

But things weren't always so rosy. Thirteen years ago, Peck's oldest son, Jonathan, depressed by overwork, a failing love affair, and ill health, killed himself. "There is not a day goes by that I don't think of him," Peck says. "It is the worst thing that ever happened to me. One day I got a call from Martha Graham, and she said, 'Pull yourself together now and get back to work. Now you have to live for you and your son.' " Soon after, Peck went to work in *The Omen,* which was a big hit.

Stephen Peck produced and directed the recent *New Testament Album*, read by his father. "One day my wife and I were driving in from Palm Springs, and it was slow, bumper-to-bumper. Veronique was driving and I sat on the passenger side. I look up and there is a driver in a cab of one of those big tractor-trailers. 'Hey, Greg,' he says, 'I've been listening to your Bible tapes all across the country,' and he went like this." Peck does a thumbs up. "I said to my wife, 'You know, that was the best review I ever got. That guy listened from coast to coast!' "

• • •

Although he was late for a dinner engagement, Peck still found time to pose for photos. I shot quickly as he continued to talk. At the end of the interview he offered to have his employee, Jesse Romero, drive me back to my hotel. Then he helped transport my photo equipment into the car, gave me a warm hug, and presented me with the set of New Testament tapes he had promised, along with autographs for my daughters.

"What a nice man," I said to Jesse on the ride back. "Nice," Jesse said. "I've been working for him for over 30 years, and I've *never* heard anyone say a bad word about him."

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Sammy Poole

Life After Cancer

PHOTO: RICK MILTON STUDIOS/AUGUSTA, GA

"You may have a tumor" were his words, and panic gripped my mind like a pit bull of despair! Though I had committed my life to Jesus Christ years before I was not eager to die, and leave my wife and son. Death seemed so certain if the verdict really was 'cancer'.

It soon became apparent there is a fate worse than cancer, that is, 'fear'. Fear was driving me against the wall, so I prayed that God would remove it and help me accept His will – whatever that might mean. Once the fear was gone, the battle seemed more like a skirmish.

Surgery proved it to be a malignant tumor, and cobalt was to follow. With a song in my heart (literally), fear having been taken away, I was certain cobalt would present no problem. My positive thoughts were quickly to be replaced, however, with assurances to God that 'I could not stand three weeks of cobalt!' Surely He must have been listening, but He was painfully silent.

The seventh day found me at the bottom emotionally, as I watched a religious TV program. Vestal Goodman told how God had healed her of a major heart condition, and I began to sense a 'faith lift'. I felt impressed to get dressed and go to the TV studio where this program was being broadcast, and was soon on my way.

As I drove out Charlotte's Independence Blvd., I was overwhelmed by the most wonderful words; "This day healing will come to my house!" A marvelous sense of peace took over where the agony of cobalt had been, and I was convinced God was healing me that day.

I assured God I would stop the cobalt treatments 'if He said stop', but never felt this to be His will. After this quiet audience with God I felt I could face anything! Even cobalt! After that day, I was never adversely affected again by the treatments. God healed me, and went on to prove "His Grace Is Sufficient".

That was back in 1975. Since then I have covered hundreds of thousands of miles, singing, sharing, encouraging, and seeking to bring a 'faith lift' to others. As I sing to the lonely, and so often 'forgotten', in nursing homes I see the healing value of music. My love for God and commitment to Jesus Christ continue to grow as I remind others, and myself, not to ever give up. If you are suffering, don't cast aside your faith! God will never allow you to go beyond the reach of His mercy. You may walk through the valley, but you will never walk alone.

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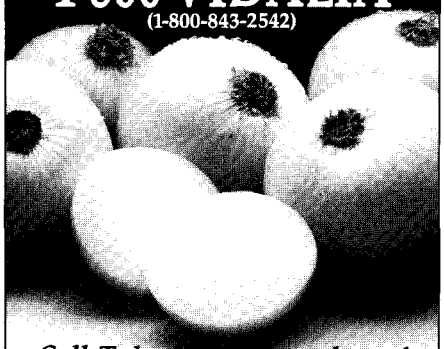

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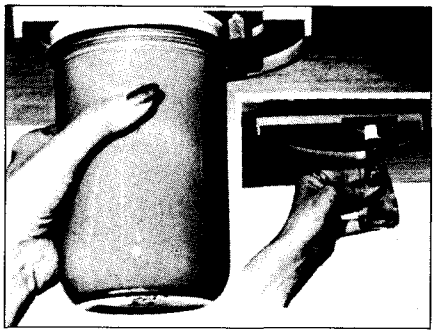
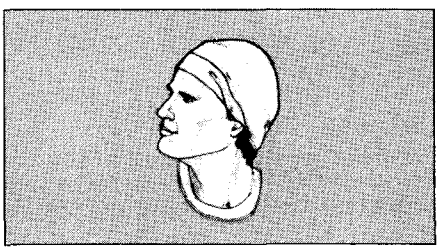


operation for lids ranging in size from ½" to 5" wide. Made of plastic with a steel "gripper." $7.50 plus $1.00 postage; 2/$14.50 plus $1.45 postage. Order from Holst, Inc., Box 370, Dept. SPO-189, 1118 W. Lake, 111-F, Tawas City, MI 48764.

Sleep cap



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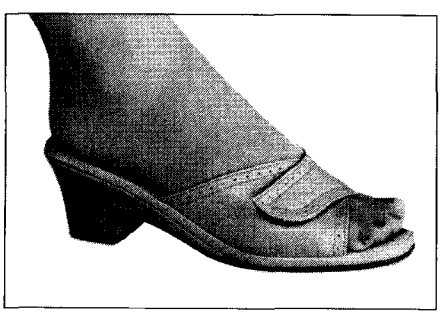

Cushioned insole and nonslip, suede-like lining. 2" wedge. White, black, red, tan. Full & half sizes: 6-10,11N, W; 5-10,11M. $15.99, 2 pr./$29.98. Add $2.50 p&h/1 pr., $3.50/2, $4.25/3. Money-back guarantee. Major credit cards. Old Pueblo Traders, Dept. FCX1C, 3740 E. 34th St., Tucson, AZ 85713-5305.

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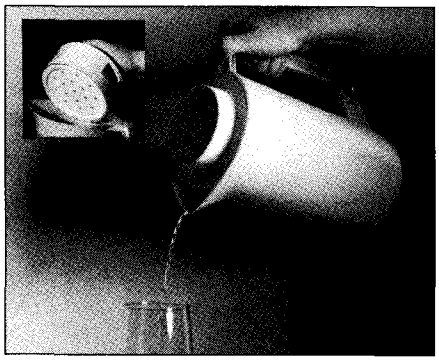

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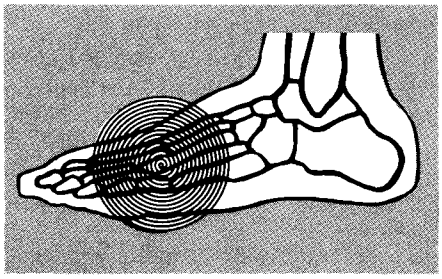

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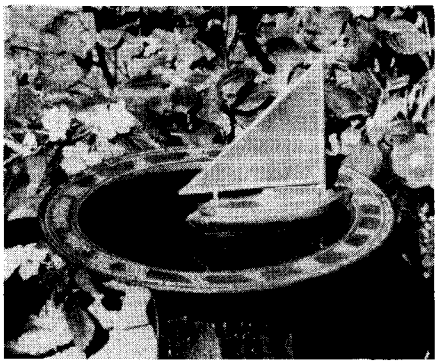

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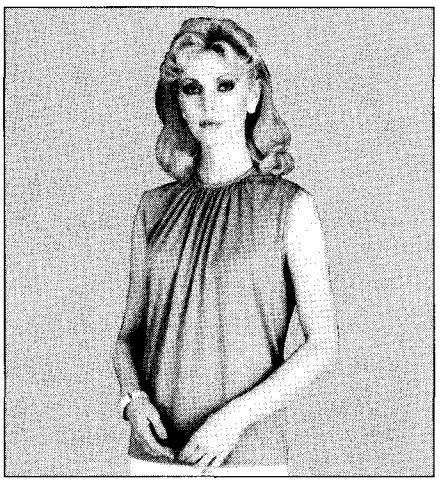

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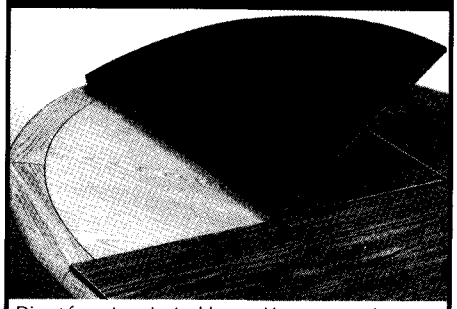

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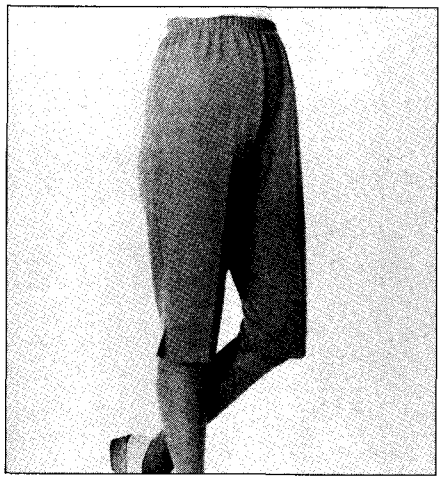

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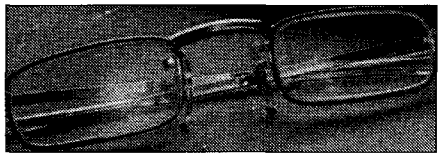

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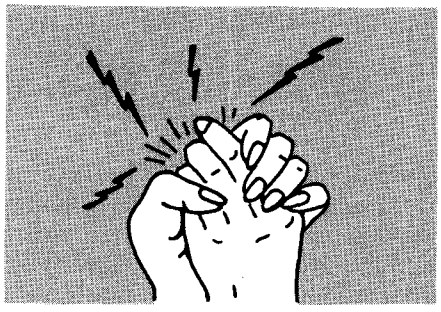

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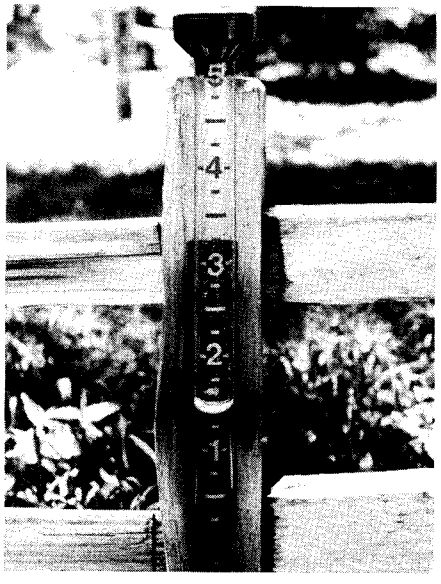

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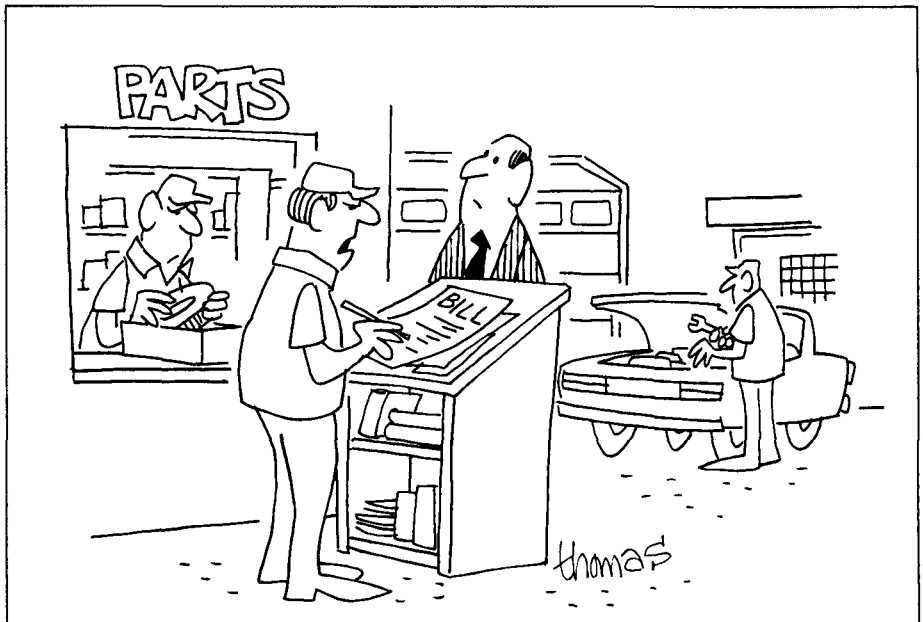

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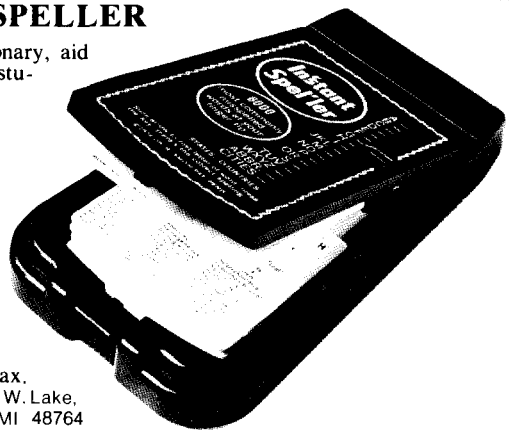

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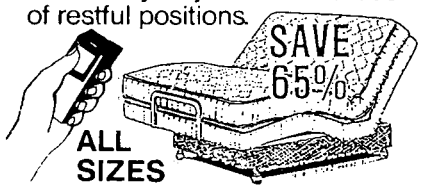

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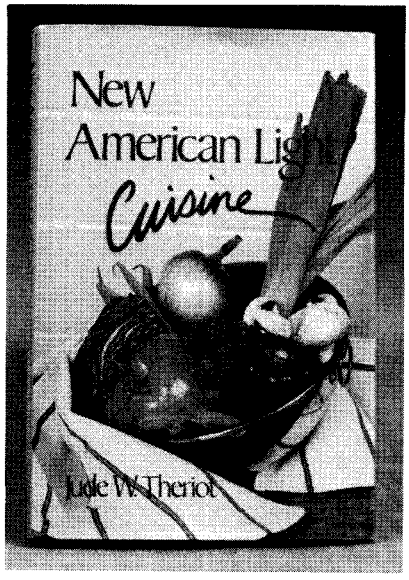

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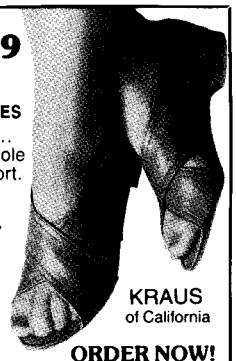

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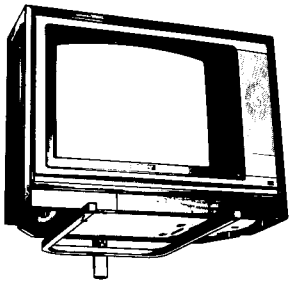

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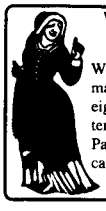

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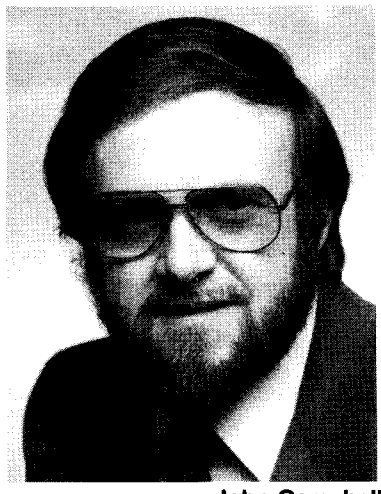

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Dr. Frank Young

continued from page 55

"The Food and Drug Administration, in an effort to ensure that the nation's blood supply is never contaminated, should define a mechanism that quickly identifies a new threat to the safety of the blood supply and implements procedures that will abrogate that threat.

"As soon as is practically possible, but no later than July 1, 1989, agencies which license and certify health care facilities should make a condition for licensure, a program to notify all recipients of blood or blood products since 1977 of their possible exposure to HIV."

The project recommended by the AIDS Commission that most pleased the commissioner was our suggestion that a Presidential Award for Excellence be presented to the FDA scientist who represented the greatest achievement toward the public good. Comparable to the Nobel prize, this award would be an annual event with a presentation by the President to recognize the dedication of many of the persevering public servants. Low-paid and unable to "moonlight" as can their counterparts in industry or other branches of the government, these men and women as well as their families sacrifice income to make a difference. Because millions of dollars are involved in decisions the FDA makes about when or if they will approve a new product, the FDA personnel are not permitted to "consult" for industry.

Dr. Young's face beamed when we delivered a prototype of the handsome award with the presidential seal. Dr. Young stated that he has continually been impressed with the quality and dedication of the FDA employees. Of particular help have been the three men who served as Deputy Commissioner—Dr. Mark Novitch, Mr. John Norris, and Mr. James Benson—and his chief of staff, Mr. Joe Levitt. The commission's official report to the President read:

"To inspire pride in the Food and Drug Administration (FDA), an annual Presidential Award for Excellence could be bestowed on dedicated FDA scientists who creatively and expeditiously approve lifesaving products and discover ways to protect society from unforseen health hazards."

—recommendation 4-71, p. 53, Report of The Presidential Commission on the Human Immunodeficiency Virus Epidemic June 1988

Dr. Young's daughter Debbie must have a good understanding of her father's challenge. For his birthday, she printed out and shellacked a hanging for his office wall of the lyrics from *Man of LaMancha*:

To dream the impossible dream,
to fight the unbeatable foe,
to bear with unbearable sorrow,
to run where the brave dare not go.
This is my quest, to follow that star,
no matter how hopeless, no matter how far;
to fight for the right without question or pause,
to be willing to march into hell for a heavenly cause!

And the world will be better for this;
that one man, scorned and covered with scars,
still strove with his last ounce of courage
to reach the unreachable stars.

50th Anniversary

continued from page 57

year. And, as remarkable as that is by itself, the proportion of their income that Americans spend on food has actually dropped from about 40 percent a century ago to just over 15 percent today.

The Future

The future for those industries is every bit as bright as the past. In fact, many believe that the drug industry—and the emergent medical-device industry—are now entering a period that some are calling the "second therapeutic revolution." Here's what the coming years hold in store:

- Advances in recombinant DNA will provide outstanding opportunities to conquer many of the diseases that plague mankind. Already we have seen the advent of cloned insulin, growth hormone, tissue plasminogen activator, and a vaccine for the prevention of hepatitis B;
- Microencapsulation will be perfected to allow drugs to be carried through the body until they arrive at target sites;
- Monoclonal antibodies will be developed for the diagnosis and treatment of a variety of diseases;
- Computerized devices will be developed to augment functions;
- New, more effective neuropharmacological compounds will come into use to combat senility, mental retardation, and schizophrenia;
- Tiny electronic pumps will be implanted into the human body and programmed to deliver the desired amount of a drug at the right times—and send information about how they are working as well as receive instructions to change the dosage;

continued on page 87

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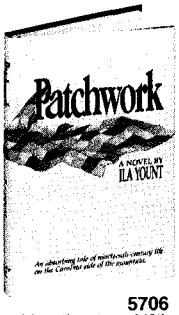

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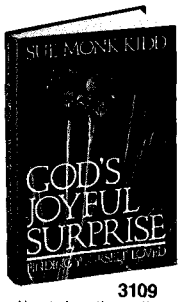

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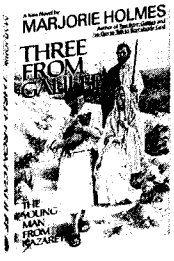

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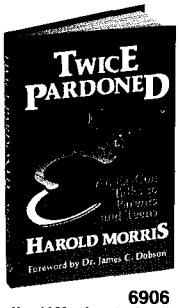

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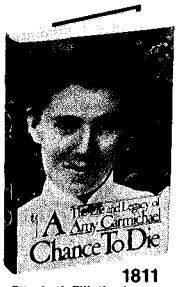

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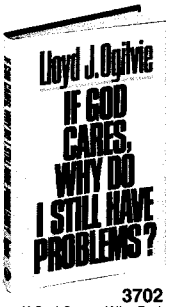

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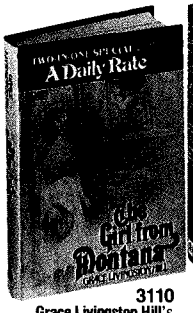

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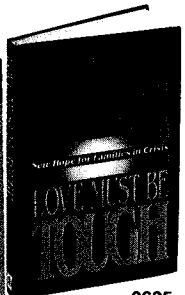

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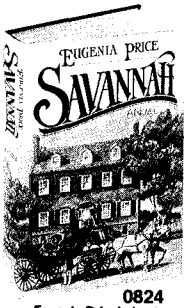

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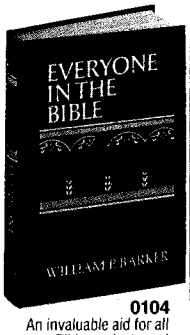

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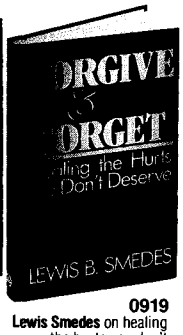

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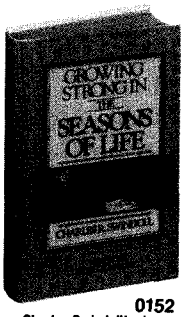

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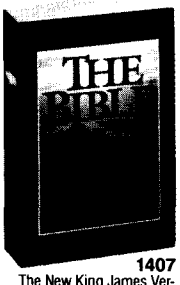

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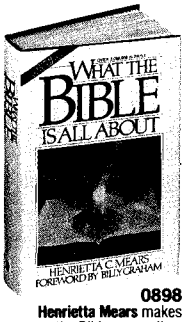

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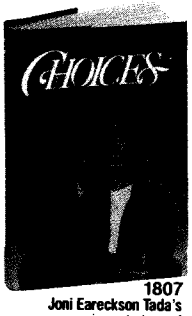

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HEARTBEAT

The Healthy Heart Report

SCREENING FOR THE HIGH RISK

Kellogg's innovative contest pitted Jackson, Mississippi, against Lansing, Michigan. Jackson took the lead, but everyone won.

by Harrison J. Ullmann

A year ago in February, simultaneous mass-screening efforts were launched in Jackson, Mississippi, and Lansing, Michigan. Fourteen thousand Jacksonites and 7,000 Lansingers queued up to have their blood tested for cholesterol. The testing, part of a national competition to raise people's awareness of the "silent killer," was also a race between North and South to lower dietary cholesterol levels.

Initial screenings showed reason for concern. Jackson residents' cholesterol levels averaged 207 mg, and the cholesterol levels of Lansing residents averaged 212. (Michigan has one of the highest heart-attack rates in the country.) A cholesterol level of 200 or more is considered undesirable, although some physicians set the danger threshold lower.

Six months after the first screening, the results came in. The city of Jackson was declared the winner, but the sponsor of the contest, the Kellogg Company, feels that both sides won.

In Jackson, 69 percent of the participants are eating more fresh fruits and vegetables. In Lansing, 79 percent of the participants are eating less red meat. And—thanks to information programs during the screenings—more than 90 percent of the participants in both cities now understand the significance of their cholesterol levels.

• • •

Cholesterol, a natural fat, normally circulates in our blood. But an overabundance of cholesterol in our veins and arteries begins to congeal and to block the flow of blood.

When cholesterol blocks one of the arteries that serve the heart, part of the heart muscle dies from lack of oxygen—a heart attack. And that's a leading cause of death for Americans. We're being killed by our own diets.

(L-R) Terry McKane, Lansing mayor; Wm. LaMothe, Kellogg's chairman; and Dale Danks, Jr., Jackson mayor, accept the Kellogg's Cholesterol Challenge.

Yet cholesterol is a natural, necessary substance. Infants, for example, need high levels of cholesterol for healthy growth, and mothers' milk is normally rich in cholesterol. As we grow older, however, our needs for cholesterol diminish, and too often in America, cholesterol becomes a deadly threat.

Some of the cholesterol that circulates within us is made by our own bodies. But for too many of us, cholesterol levels are raised dangerously high by the cholesterol in the meats, eggs, and dairy products we eat. Our circulatory systems are forced to carry not just our own cholesterol, but also the cholesterol produced by the cow that gave us last night's steak and the chicken that gave us this morning's eggs.

The good news for most of us is that we can substantially control our cholesterol levels by controlling our diets and working our bodies.

There is one more complicating factor to consider. Cholesterol—a waxy, fatty, protein-coated substance that travels through our circulatory systems—comes in good and bad varieties.

The bad one is LDL—that's medical terminology for low-density lipoprotein ("lipo" comes from the Latin word for fat). This is the stuff that blocks arteries, kills heart muscles, and creates heart attacks.

The good one is HDL—medical shorthand for high-density lipoprotein. HDL sweeps up LDL as it circulates in the blood and takes it back to our livers for reprocessing. HDL actually reduces the risks of suffering heart attacks.

So the idea is to raise the levels of HDL and lower the levels of LDL in order to set good cholesterol balances in our bodies, says Dr. Jack Hall, director of Cardiovascular Services at Methodist Hospital in Indianapolis, Indiana. Dr. Hall was one of the pioneers in calculating the medical risks

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that we raise or lower with our lifestyles. He has long urged his heart patients to lower their cholesterol with diet and exercise.

In screenings like the ones that Kellogg brought to Lansing and Jackson, the public is given the number of milligrams of cholesterol for each 100 milliliters of blood. *The Saturday Evening Post*'s HEART MOBILE screens with similar equipment.

If your reading is less than 200, you probably shouldn't worry about the ratio of LDL and HDL. But if your reading is more than 200, you should see your doctor and take action.

Another test determines the relative levels of high-density and low-density cholesterols circulating in our blood. This test—based on a sample of blood taken after fasting—determines the levels of LDL and triglycerides by direct measurement and the level of HDL by inference, since HDL circulating levels are difficult to assay without more expensive testing.

The results of this test may be reported to the patient as a couple of ratios: the ratio of the desirable HDL to undesirable LDL, or the ratio of HDL to total cholesterol.

If enough HDL is circulating in the blood, it will keep the LDL plaques from growing on the walls of our arteries, and that's enough HDL to give us more complete protection from heart attacks.

Further tests are always recommended if a routine test or screening gives a high total cholesterol reading or if there is a family history of high cholesterol or heart attacks.

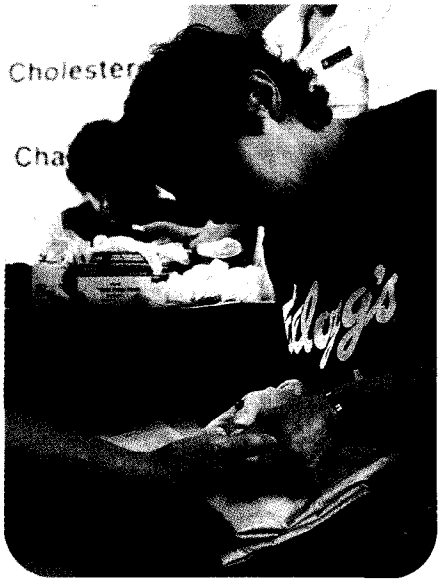
Most of us need to lower our cholesterol levels and improve our HDL-LDL ratios. Here's how.

First, fix your diet! That means less fatty red meat; less of the fattiest dairy products—whole milk, hard cheeses, and butter; less sausage, bacon, and lunch meats; less of the foods prepared with hard shortenings, lard, palm oil, and coconut oil; fewer eggs and fewer dishes made with egg yolks. Those—alas—are mostly desserts.

A healthful diet also means ingesting more vegetables, fruits, and grains—particularly brans and other high-fiber grains; more vegetable oils and shortenings, such as those made from corn, olive, soybean, and safflower bases; and more white meat, such as fish and poultry.

This doesn't mean that Americans need to take up a monastic diet. If you yearn too much for butter to give it up, try one of the butter-margarine blends. If temptation proves too strong when you push your shopping cart down the cookie aisle, read the labels and reject anything made with palm or coconut oil.

Second, exercise your body! Exercise extends longevity in many good,



Volunteers from local hospitals check cholesterol levels of participants in the Jackson-Lansing cholesterol-lowering contest.

healthful ways. One is to raise the ratio of HDL to LDL. Exercise, independent of diet, increases the production of HDL, gives us a better HDL-LDL ratio, and lowers the level of LDL circulating in search of an artery to block.

Proper exercise, like a proper diet, does not mean a radical new lifestyle for most of us. The consensus is that something strenuous—even brisk walking (but make it brisk)—for 20 minutes a stretch, three times a week, is enough to give us most of the benefits of exercise.

Does it work?

Robert H. McKinney, a highly successful banker and community leader in Indianapolis, took up a regimen of regular, strenuous exercise and a strong, sensible diet—some fruit, lots of grains, and very little meat.

His cholesterol level was 255, and he had a dangerously low HDL level that placed him at the highest risk of suffering a heart attack. McKinney didn't want to accept a recommendation for bypass surgery. Instead, he went to the Pritikin Clinic in California, where he and his wife learned how to eat and exercise in order to reduce the total cholesterol level and increase his HDL level. In a surprisingly short time, his level of risk began dropping. In less than a year he had achieved a "very low risk for a heart attack." More than six years have passed, and he is still enjoying this low risk.

Another heart-attack-risk reducer, Jon DeHaan, was surprised when he was told at Dr. Ken Cooper's clinic in Dallas that his risk factor was in the top 5 percent of the population. He was walking right into a coronary and didn't know it. His total cholesterol was 285 and his HDL was almost nonexistent. Worse, his family had a history of early heart attacks. His father's first and fatal attack had come at age 40.

DeHaan went home to Indianapolis and had coronary-bypass surgery. Next, he went to the Pritikin Clinic. Now, he eats high-fiber foods and sticks to a vegetarian diet. "I get enough protein from skim milk, beans, and grains," he says. His total cholesterol is now 100.

DeHaan, who now sees Dr. Hall, says, "If I had known about Dr. Hall and his exercise and diet program in the early days, I'm sure I would never have needed to go for the bypass surgery—I could have controlled my risk with his care."

It works!

And success like that is what is bringing such companies as Kellogg and The Saturday Evening Post Society to the cause.

Altering the all-American diet to reduce cholesterol is so important to our nation's health that the Society and the test kitchens at major cereal manufacturers have teamed up to publicize high-fiber, low-fat recipes. Kellogg provides the following tips to those participating in its free screening program.

- Use skim or 2 percent milk in place of whole milk. Substitute low-fat yogurt for sour cream. Neufchâtel cheese can be substituted for cream cheese.
- In recipe preparation, a whole

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OAT BRAN.

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FROM OATS COMES A WAY TO HELP LOWER CHOLESTEROL. OAT BRAN.

You may not think you have a cholesterol problem, but over 50% of all adults have elevated cholesterol. For children, it's as much as 25%. Years of eating a diet high in fat and cholesterol is one of the major causes. So changing to a diet lower in both can help. And including oat bran in that diet is a step in the right direction. This little piece of the grain contains the highest amount of soluble fiber of any grain. And that's the important part. Because some studies suggest a diet high in soluble fiber—and low in fat—may help bring elevated cholesterol down to a healthier level.

LOWERING YOUR CHOLESTEROL CAN HELP LOWER YOUR RISK OF HEART DISEASE.

Why do you want lower cholesterol? Very simply, for the sake of your heart and cardiovascular system. Left unchecked, cholesterol that the body can't handle collects on the inside walls of the arteries. It can build and build until your arteries become clogged. The result? Heart attack and other cardiovascular problems. But a diet low in fat and high in soluble fiber (foods like oat bran, beans and fruit) may help lower high cholesterol levels and help you counteract this problem.

MAKE OAT BRAN PART OF YOUR DIET FOR A HEALTHY LIFE.

As you can see, it makes a lot of sense to include oat bran in your low-fat diet. One of the easiest ways to do that is at breakfast. So enjoy cereals made from oat bran with skim milk, fresh fruit and whole wheat toast. You'll be getting a delicious meal low in fat and cholesterol, low in calories and high in fiber and carbohydrates. And you'll be good to your heart too.

This message brought to you by Kellogg's, where a healthy breakfast starts.

For more information on lowering blood cholesterol, look for details on packages of Kellogg's Squares™ and Kellogg's Common Sense™ Oat Bran cereal. Also, to receive a Health Passport from the American Health Foundation, a special brochure on cholesterol and coupons for Kellogg's® cereals, write to:
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egg can be replaced with an egg substitute or two egg whites.

- Season and cook foods with herbs and spices rather than butter. Do not add extra butter or salt to cooking water.
- Steam fish instead of sautéeing or broiling them in butter. Skinless chicken can be poached in broth instead of sautéed. Be careful not to overcook.
- Prepare meat and main dishes with such dry-heat cooking methods as broiling, roasting, or baking.
- Grease pans with a vegetable spray. Nonstick pans reduce the need for added fat.
- Use vegetable oils or margarine in baked products rather than shortening, lard, or butter.
- Sauté vegetables in low-fat broth rather than oil or butter.
- Follow serving-size suggestions in recipes to reduce extra fat, cholesterol, and calories.

• • •

Cereals provide such a simple means of increasing the fiber content of many dishes that the cereal manufacturers' kitchens have provided us with these delightful fiber-enhancing recipes.

Fish Fillets Italiano

(Makes 6 servings)

2 tablespoons margarine
1¼ cups Quaker Oats (quick or old-fashioned, uncooked)
2 tablespoons grated Parmesan cheese
1 teaspoon Italian seasoning
⅛ teaspoon garlic powder
2 small zucchini, each cut into ¼" wide strips
6 sole or flounder fillets (about 1¼ pounds)
2 tablespoons lemon juice

Sauté oats, cheese, and seasonings in margarine, stirring frequently until golden brown; set aside.

Heat oven to 375° F. Sprinkle each fillet with 2 rounded tablespoons oat mixture. Divide zucchini evenly among fillets. Roll up, beginning at wide end; secure with toothpicks. Place seam-side down in 8" or 9" glass baking dish; sprinkle with lemon juice. Cover with aluminum foil. Bake 20-25 minutes until fish fillets turn opaque; remove to serving plate. Top with remaining oat mixture. Serve with lemon wedges, if desired.

Microwave directions: Melt margarine in 8" square microwave dish; add oats, cheese, and seasonings. Microwave at High (100%) 3-4 minutes or until golden; stir after 2 minutes. Remove from dish; set aside. Prepare fillets as recipe directs; place seam-side down in same dish. Cover with wax paper. Microwave at High 6-7 minutes or until fillets turn opaque. Proceed as recipe directs.

Oat-Bran Muffins

(Makes 12 muffins)

1¼ cups all-purpose flour
1 tablespoon baking powder
2 cups Kellogg's Cracklin' Oat Bran cereal
1 cup skim milk
2 egg whites
3 tablespoons Puritan vegetable oil

Stir together flour and baking powder. Set aside. Measure Kellogg's Cracklin' Oat Bran cereal and milk into large mixing bowl. Stir to combine. Let stand 5 minutes or until cereal is softened. Add egg whites and oil. Beat well. Add flour mixture; stir only until combined. Portion batter evenly into 12 foil-lined 2½" muffin-pan cups. Bake at 400° F. 20 minutes or until lightly browned.

Blueberry Bran Loaf

(Makes 1 loaf)

½ cup All-Bran cereal
1 cup all-purpose flour
¾ cup whole-wheat flour
2 teaspoons baking powder
½ teaspoon baking soda
1½ tablespoons firmly packed brown sugar
¾ cup orange juice
2 egg whites
2 tablespoons vegetable oil
1 cup blueberries, fresh or frozen (not thawed)

Stir together first 6 ingredients; set aside. In large mixing bowl, beat orange juice, egg, and oil until well-combined. Add flour mixture; stir only until combined. Gently stir in blueberries. Spread batter evenly in greased 8½" x 4½" x 2½" loaf pan. Bake at 350° F. 50 minutes or until done. Let cool 10 minutes before removing from pan. Cool completely.

People line up for free cholesterol tests wherever the Society's screening program travels.

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50th Anniversary

continued from page 80

• And animal hormones will be developed that will increase the yields of food animals beyond what was once believed possible.

New Foods

A variety of novel foods are just over the horizon as well. For example, foods will be derived from unconventional sources, such as fungi, to produce high-protein foods, and from nonfood chemicals, to produce food ingredients that are functional without providing calories. But the most exciting developments in food processing are likely to come from genetic engineering. Already, geneticists can foresee livestock improvements that will include increased milk and egg output, disease resistance, growth rate, fertility, and meat quality.

Just as improvements in plant genetics have already begun the "green revolution" that has helped so much of the world's population feed itself, refinements in that technology will continue to increase crop yields, disease and herbicide resistance, fertilizer efficiency, and nutritional quality.

The processing of the foods we know today will continue to evolve as well. The food-processing plant of the future will be fully automated and computerized, with only a handful of employees needed to ensure that raw materials entering the production line come out as finished foods. The freeze-drying techniques we have seen for years in coffee and tea will be used in a wider variety of foods, such as fruit juices and alcoholic beverages. And the movement in food packaging away from glass and metal containers will continue—toward the new flexible "pouches" that are both lighter and less expensive than bottles and cans.

These changes in food production will not only increase the variety and appearance of foods, but also contribute to better health. Better processing techniques will help guard against microbial contamination and help detect such dangerous contaminants as *Listeria*, and new packaging methods will help prevent spoilage. Perhaps most important, however, many of the new foods will contain fewer or no fats, which evidence suggests will contribute to Americans' fight against two of the most serious modern afflictions—cancer and heart disease.

The responsibility to regulate such an amalgamation of food, medicines, animal drugs, medical devices, and high technology is an enormous one that we at the FDA share. It means that we often find ourselves standing between the findings of basic research and the applications of such research that allow industry to realize profits and sponsor yet more research. We must ensure that we act as a *bridge* between basic and applied research, not as a barrier.

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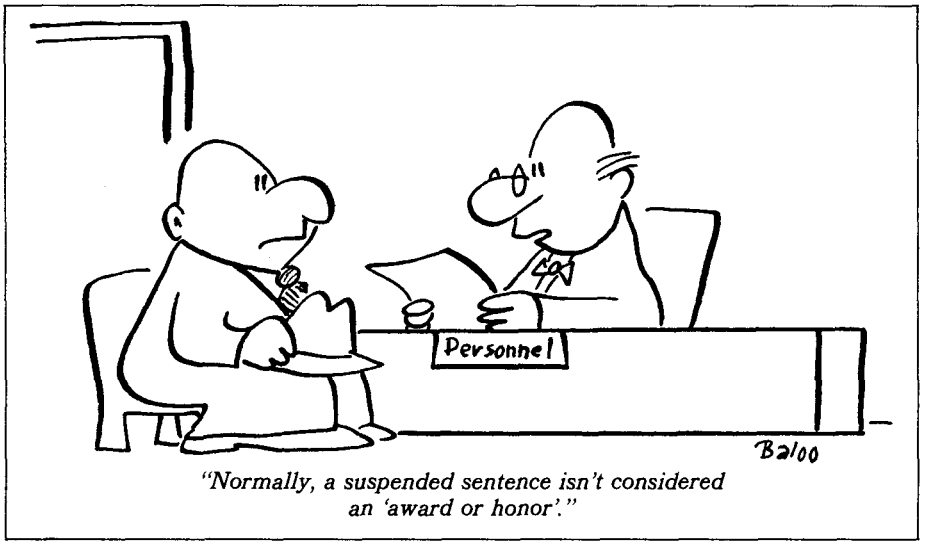

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FREE LAS VEGAS VACATION

You'll be glad you waited to plan a fun-filled dream vacation to Las Vegas. With tens of thousands of plush rooms to fill and casinos now legal in the east, Las Vegas has to be more competitive. Now enjoy an exciting three-day, two-night VIP vacation at famous Vegas World Hotel and Casino on the fabulous "Strip."

Bob Stupak's VEGAS WORLD HOTEL·CASINO

You will receive over $1000 in casino action upon arrival as explained below.

BENEFITS PER COUPLE

- A deluxe room for two for 3 days and 2 nights at Vegas World Hotel and Casino, which offers every amenity, including individually controlled air conditioning, direct dial telephones and color television.

$1000.00 CASINO ACTION (as follows)

- $400 LIVE ACTION — 400 one dollar chips to gamble with as you wish. Each chip is good for ONE PLAY, (win or lose), on all even money bets for any table game (craps, blackjack, roulette, etc.). That's 400 chances to win, and you may wager from one to as many chips as you like on each wager.
- $400 in dollar slot machine action. (Good on all dollar carousels.)
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- FREE FINE GIFT from among five shown here.
- 4 Keno plays. Win up to $12,500.00 each.
- GUARANTEED WINNER on first slot bet. Win from 2 to 2000 coins, GUARANTEED.
- SHOW RESERVATION SERVICE to *all* Las Vegas shows — even the hard-to-get ones.
- Tickets for two to TWO or more fabulous Las Vegas shows to make your stay truly exciting.
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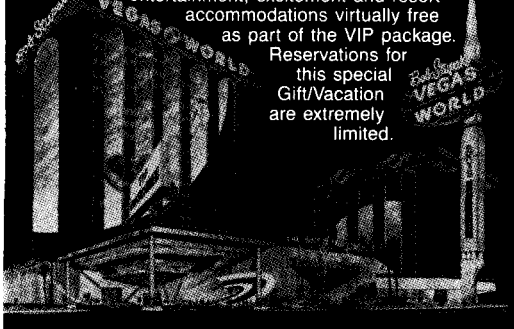
- A deck of casino quality playing cards.
- A souvenir photo of yourself with ONE MILLION DOLLARS CASH.
- All winnings paid in CASH. Keep what you win.
- You receive all of the above with no obligation to gamble with any of your own money.
- No additional charges of any kind.

You'll stay at the famous Vegas World Hotel-Casino on the fabulous "Strip."

Featured twice on "60 Minutes," the Merv Griffin Show and Ripley's Believe It Or Not. Enjoy action, entertainment, excitement and resort accommodations virtually free as part of the VIP package. Reservations for this special Gift/Vacation are extremely limited.



BONUS GIFT

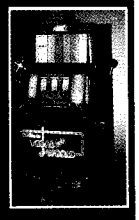
For a limited time, if you accept our invitation, you will receive one of the valuable gifts below — guaranteed. Selection by random drawing upon arrival for your vacation. (Shipping included.)

13" Sylvania color TV with touch channel selection. Value: $189

Zenith VCR with remote. Value: $299

U.S. currency — five hundred dollar bill. Value: $500

14K solid gold ring with six matching diamonds. Value: $285



Real Vegas World Slot Machine plus $300 in quarters. Value: $1,395

SPECIAL MID-WEEK BONUS

If you vacation mid-week to avoid weekend crowds, we'll give you a choice of an extra $100.00 in Casino Action ($50.00 Slots/$50.00 Table) OR an extra night's accommodations absolutely free.

Offer Expires February 22, 1989

Act before February 22, 1989
Vacation anytime before December 28, 1990

PRIVILEGES AND PROVISIONS

1. Valid seven days a week until December 28, 1990 except holidays and major holiday weekends. Reservations can be made now or later, but all reservations must be made at least 20 days before arrival.
2. A redeemable reservation fee of $198 per person (total $396) must be mailed to guarantee your arrival. For your reservation fee you will receive, upon arrival, all of the benefits as described making *your vacation virtually free.*
3. MONEY BACK GUARANTEE — We guarantee you reservations on the dates you choose or your reservation fee will be refunded in full.
4. RESERVATIONS — No Thursday or Saturday arrivals. Rescheduling of reservations must be received in our office 72 hours prior to planned check-in time or this offer and your reservation fee will be forfeited. Your invitation is also completely transferable to anyone you choose.
5. Transportation and any other individual expenses are not included.
6. Terms and conditions may in no way be altered. So we may adequately plan room and free gift availability, you must act before February 22, 1989.

FOR MORE INFORMATION OR TO ORDER BY PHONE

CALL TOLL FREE 24 HOURS A DAY 1·800·634·6301

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YES I wish to take advantage of your Las Vegas VIP Vacation/Gift opportunity. I have enclosed my reservation fee (check or money order) for $396 for two people. I understand I have until **December 28, 1990** to take my vacation, and that during my stay, I will receive all of the benefits listed. Limit one gift per couple. (Please make check payable to: Vegas World Vacation Club.)

Mail to: VEGAS WORLD Hotel-Casino
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Please read the "Privileges and Provisions" of your invitation thoroughly to make the most of your vacation and to know exactly what you're entitled to receive.

Charge my ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Acct. No. _____ Exp. Date _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

I wish to make my reservation for the following arrival date:

_____, 19____

☐ I will make my reservation at a later date.

Signature _____

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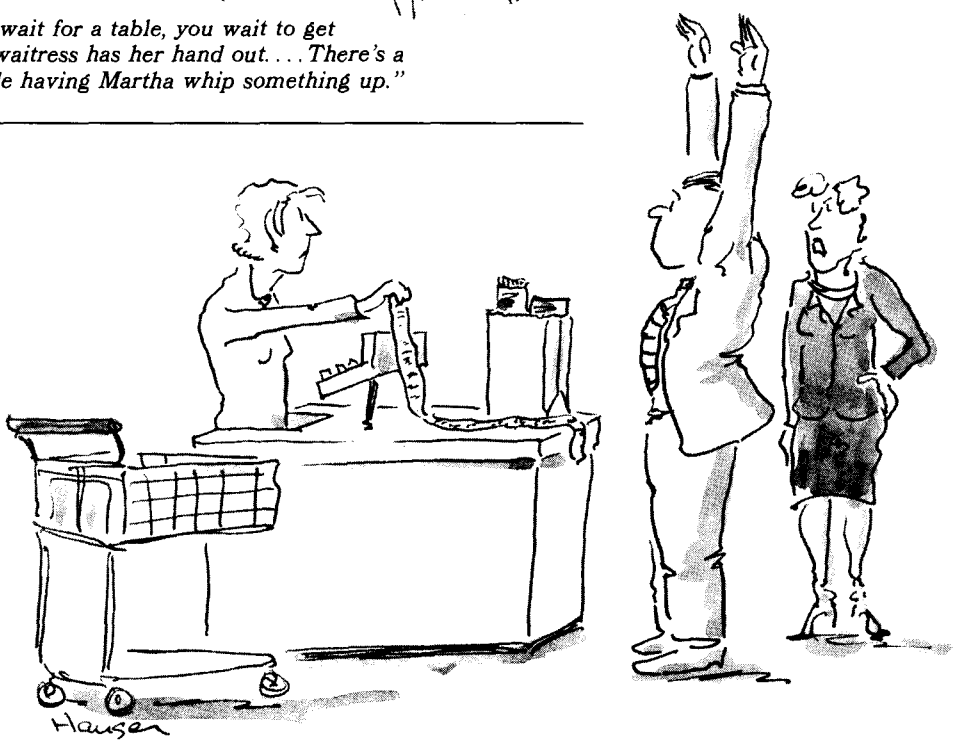
"She thought she felt well enough to get up today."

"The kitchen was designed for the family on the go, what with the drive-through window and all."

KITCHEN COLLISION

"You wait for a table, you wait to get served, the waitress has her hand out. . . . There's a lot less hassle having Martha whip something up."



"Just give her the money and cut out the theatrics."

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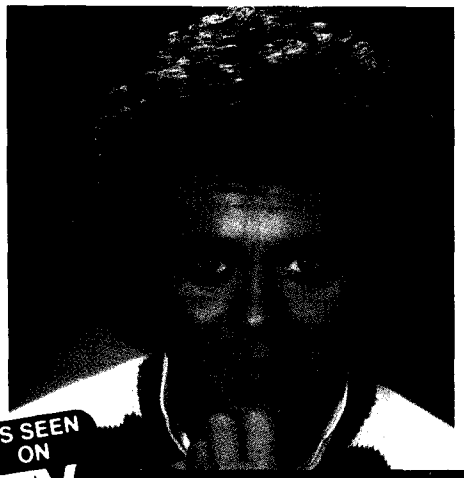

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...Richard Simmons

Doesn't starve or punish you...
Gives you a safe, nutritionally balanced way to control your calories, without counting them!

Over 233,000 people in our first 8 weeks...Makes Deal-A-Meal the FASTEST GROWING WEIGHT LOSS PROGRAM IN HISTORY! Here's Why:

AS SEEN ON TV

HERE'S HOW IT WORKS:

1. Food Groups are divided into 6 colors of cards:

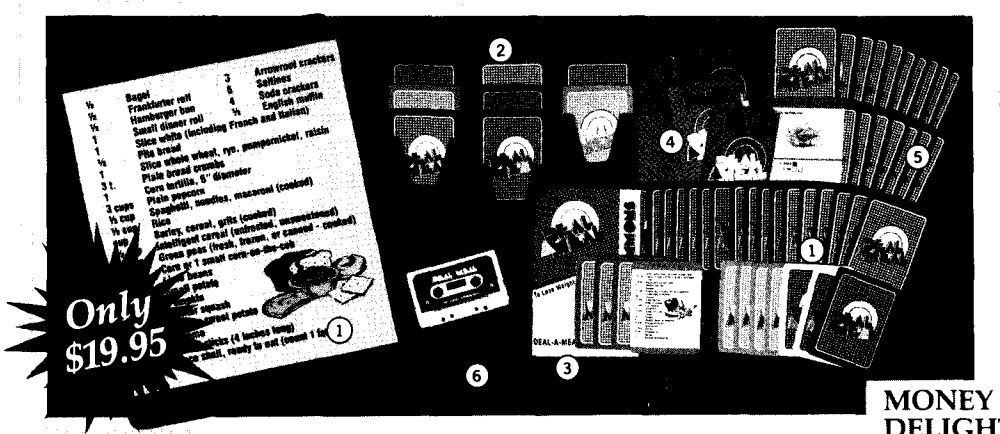
Meats are Red, Breads-Brown, Vegetables-Green, Fats-Yellow, Dairy-White, Fruits-Pink. The back of each card lists the food equivalents that card is worth. For example, one bread (brown) card is worth a slice of bread, a dinner roll, half a bagel, half a bun, a half cup of pasta, a tortilla, etc.

2. You start each day with a set number of cards of each color.

For example, if you want to lose 40 pounds or more, you start off each day with 6 Red cards, 6 Brown, 2 White, 4 Green, 4 Pink, 5 Yellow.

3. Whenever you eat a meal or a snack, you "play" the appropriate cards.

Anytime you eat, whether a snack, or a complete meal, you simply take the appropriate cards out of the left side of your "Deal-A-Meal Wallet," and place them into a "meal" pocket on the right side of the wallet. When you run out of cards, you're done eating for the day. You've eaten the *appropriate number of calories* in a nutritionally balanced combination.



- Ends Calorie Counting Forever
- No More Boring Diets That Punish You With Hunger
- Ends "Roller Coaster" Dieting
- Provides Nutritionally Balanced Weight Loss That Keeps you feeling healthy and satisfied instead of weak and hungry.
- Safe, Permanent Weight Loss

Your Deal-A-Meal Kit Comes with Everything you need

1. Deal-A-Meal "Food Exchange" Cards
The "heart" of the Deal-A-Meal program that makes sure your daily food intake is low in calories and nutritionally balanced without the hassle of counting calories or keeping notes.

2. Deal-A-Meal Organizer Wallet
Gives you the perfect way to take your cards with you wherever you go, and keep track of your daily food intake.

3. Deal-A-Meal Instruction Guide
Answers all your questions about how Deal-A-Meal works, and why it's so effective. Sets your goals and charts your progress.

4. Deal-A-Meal "Menu" Cards
Gives you 30 great meal suggestions. Each card plans a whole meal, complete with picture, exchange card equivalents, and calorie counts.

5. Deal-A-Meal "Combination" Cards
These cards take complex foods such as a slice of pizza, a hamburger, etc., and gives their "card" equivalents.

6. 60-Minute Cassette Tape
Daily instruction and motivation from Richard to maximize your weight loss results.

MONEY BACK IF NOT DELIGHTED!

Deal-A-Meal Works...We Promise. If you're not completely satisfied, you can return it within 30 days for a full refund.

RICHARD SIMMONS' DEAL-A-MEAL
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Please send me ___ Sets of "DEAL-A-MEAL" (A41) at $19.95 ea. plus $2.95 shipping and handling. (N.Y. residents add sales tax.)
☐ I am enclosing a Check or Money Order
☐ Please charge my: ☐ MasterCard ☐ Visa
Acct. # _____ Exp. Dt. ____
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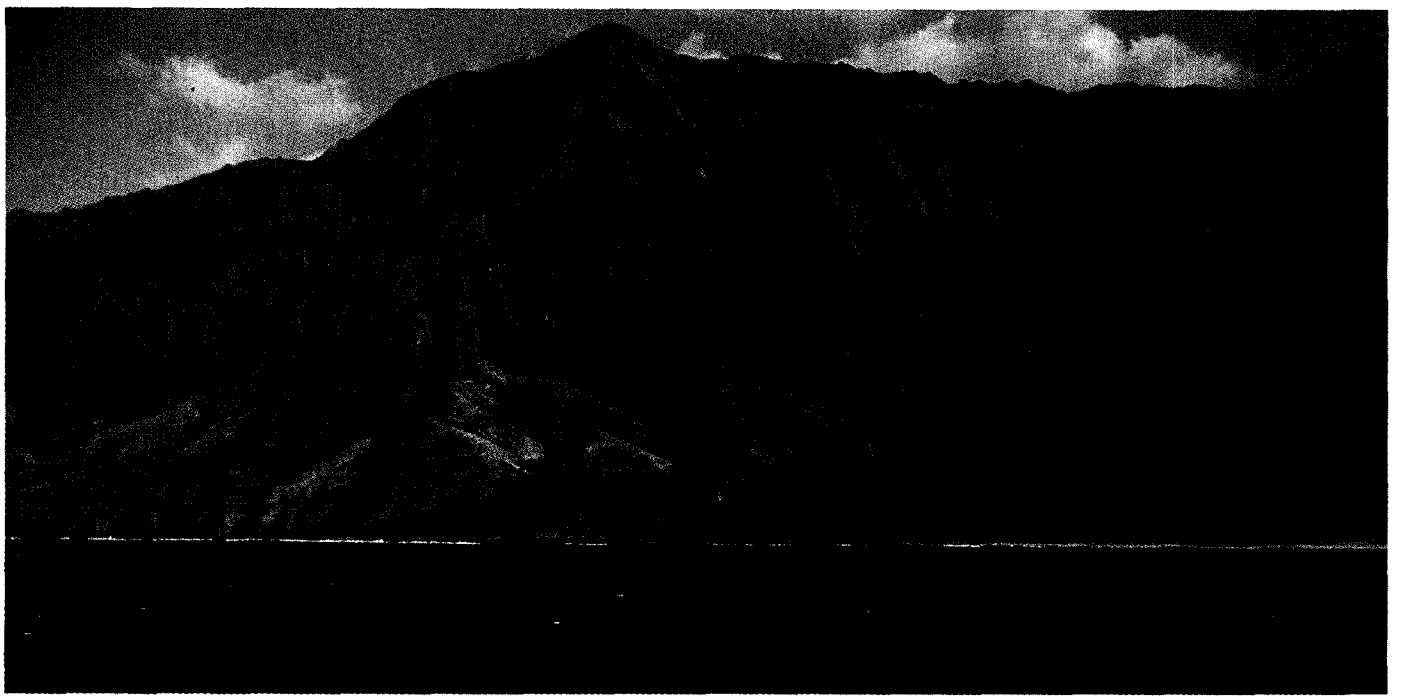
KAUAI: NEXT LINK ON THE CHAIN

by Marc Ashley

In the flower-strung, green-carpeted lands of Hawaii, Kauai has been its own special island, older than the others and west of them, 90 miles deeper into the Pacific than Oahu, the only island not conquered by Kamehameha I, but kept apart and aloof by King Kaumualii. It was the first coast of Hawaii to be discovered by Captain Cook, in 1778, who came ashore near Waimea Bay not far from the site where the Russians, already entrenched in Sitka, Alaska, and at Fort Ross on the California coast, landed just 37 years later and built a fort. It was a flirtation that lasted all the way to 1896, when Grand Duke Alexander thought this island would make a great naval base and pondered the idea of dispatching a Russian fleet and a colony of settlers, an imaginative concept foiled by the American annexation in 1898.

Kauai dozed in its lush greenery. People called it the Garden Island, while Honolulu, no farther away than New York is from Philadelphia, bustled and grew and built skyscrapers and a forest of hotels. Suffused in its legends of *menehunes*, the little people who could build walled fish ponds in one night, or so it was said—to say nothing of the Menehune Ditch, an aqueduct that archaeologists insist was created before the Hawaiians arrived from Polynesia—it was happy in the knowledge that its valley at Hanalei was the birthplace of rainbows, that Mount Waialeale, bulging under the green carpet to a height of 5,080 feet, was the wettest spot on earth, spewing waterfalls from every pore to keep this island a verdant paradise. Wild goat, wild boar, and pheasant roamed its hillsides and still do. To the west, at Waimea, a great rent in the earth became known as the Grand Canyon of the Pacific, a magnificent spectacle that drew avid visitors to its rim and helicopters to peer inside its depths.

Wet and dry: Kauai's record-setting downpours don't extend leeward to the forbidding cliffs of the Na Pali coast, on the northwest side of the island.



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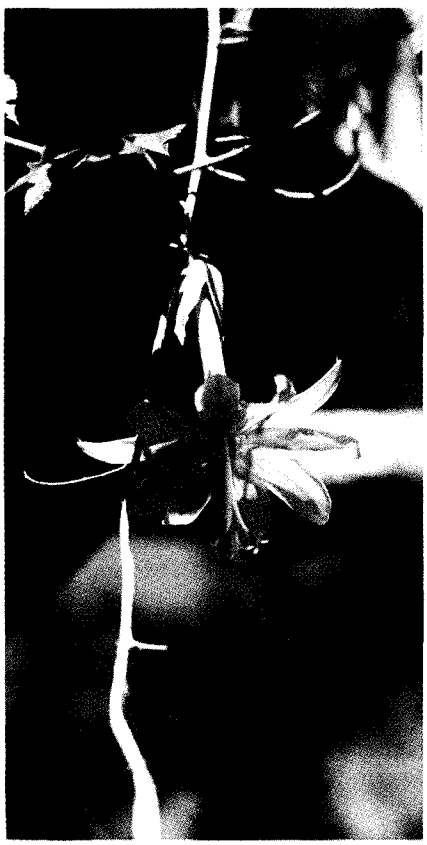
All this came to be discovered by Hollywood, whose scouts chose it above all other considered sites for the filming of Rodgers and Hammerstein's *South Pacific*. As the cinema's Bali Ha'i, it was the setting, too, for *Miss Sadie Thompson; Blue Hawaii; Lt. Robin Crusoe, USN; Diamond Head;* and other films. It is well remembered that Frank Sinatra almost washed out to sea while making *None but the Brave* and that Elvis Presley in his prime was here so many times that hotels took to naming wings after him. On its west coast at Kokee, it entered the modern world when a site was chosen for a missile- and satellite-tracking station that figured in space exploits from Project Mercury to the moon shots.



Visitors came to sail up the Wailua River to a fern-hung grotto where Hawaiian singers intoned the saccharine melody of the "Wedding Song." Many stayed at Coco Palms, the pioneer in Kauai innkeeping, awash in Hawaiian lore, lighting flaming torches at dusk each night and summoning a Kauaiian in brief attire to salute the end of the day by blowing moaning notes on a conch shell.

But that was, upon reflection, a modest beginning, for as Waikiki was swallowed by visitors from other climes, and Maui became a mecca of its own, as grandiose plans spread to the Big Island of Hawaii, it seemed inevitable that Kauai would emerge as The Next Island. Condominiums, vacation-ownership projects, and hotels came one upon the other. Stouffer's, owned by Nestlé in far-off Switzerland, took stewardship of Waiohai Beach Resort and the Poipu Beach Hotel; Sheraton, rebuilt after a disastrous hurricane, added rooms to its Poipu property and became a haven of honeymooners. Hyatt has broken ground on Shipwreck Beach, in the Poipu vicinity. On what they like to call Kauai Lagoons, Westin has unveiled a mammoth, splashy resort built around an enormous manmade lake where swans cruise the waters and a great fountain display with marble horses carved in China lend an air of pizazz new to this island. Draft horses and carriages have been imported to take visitors on leisurely rides around the grounds, and just to inject a Hawaiian air to such proceedings, the drivers wear kukui-nut necklaces and attach flower leis as hatbands. Kitsch or Hawaiian? some ask.

Despite these infusions of the glitzier world that lies beyond its shores, Kauai has never seen fit to finish a road that would completely encircle its island. Driving south out of Lihue, where the planes land, half an hour out of Honolulu, the road eventually runs out at the edge of Waimea Canyon at Kokee Park, where there is space to pitch a tent or rent a cabin, picnic at 4,000 feet at Kalalau Lookout, or fish for trout in the mountain streams. That westbound road takes one past the spin-off to Poipu Beach —Kauai's sunswept southern shore, reachable past fields of waving cane —past plantation towns and then through a towering tunnel of huge eucalyptus trees. Here on Poipu, the Hawaiian kings once disported, living in grass huts and worshiping in stone temples called *heiau*, one of which, built in 1600, stands restored and resolute along the shore in view of those who come to dine at Waiohai Terrace.

There are two gardens here, one designed for listening to the splashing waterfall, the other for breathing the

Vacation On Your Mind?

Come visit the state that gave you Uncle Remus, the Masters Golf Tournament, "Gone With the Wind," Coca-Cola, and a whole lot more. Send for your free vacation planning kit complete with special sections on each of Georgia's nine big travel regions. So why don't you do it now, while it's on your mind?

I would like additional information on the ☐ *Coast* ☐ *Mountains* ☐ *Historic Heartland* ☐ *Atlanta.*

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Return to: GEORGIA, P.O. Box 1776, SE01, Atlanta, GA 30301.

GEORGIA on my mind

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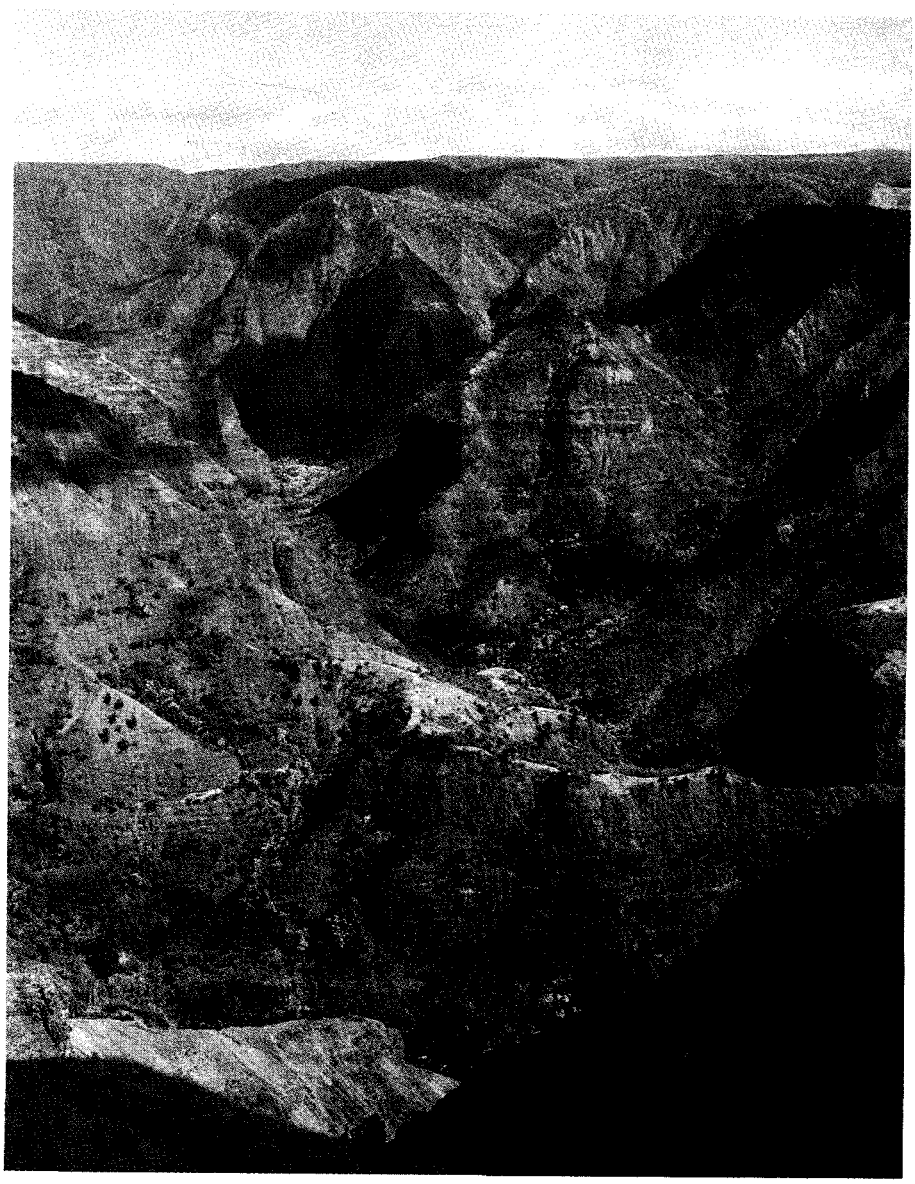
Mitzi Gaynor's shampoo at Lumahai Beach is a permanent memory from *South Pacific*; helicopter rides over Waimea Canyon are merely hair-raising.



perfume of gardenias, ginger, and plumeria, which is Hawaiian for frangipani. It is a place verdant with Manila palms, lehua trees and their fluffy flowers, scarlet or yellow hibiscus, mango trees and tamarind, giant Norfolk pines, purple morning glories, and carmine bougainvillaea billowing out of an old kettle.

The Kiahuna golf course across the street is Robert Trent Jones, Jr.-designed, par 70, and surely the only links sprinkled with 27 archaeological points of interest on the fairways. Here on Kauai's sunniest shore, the waters beckon snorkelers, swimmers, and surfers. Scuba boats buzz out loaded with divers, and double-hulled catamarans and outriggers paddle visitors out where the surf begins and then turn to come riding into shore in a fuzz of spray. The lazy-way diver can rent a seaboard—an inflated mattress with a built-in face mask. Just lie on it, paddle out, and put your face into the mask to behold the wonders of the deep.

Turning north out of Lihue—the opposite direction—takes one skimming along the east shore. Green taro, from which Hawaiians pound poi, their tasteless staple, covers the valley floor at Hanalei, where rainbows are born. Waioli Hui'ia church, founded in 1840, in the heart of Hanalei, stands prim and green with its Gothic window and door, its shingled steeple outlined against the backdrop of distant mountains.

Princeville is an 11,000-acre ranch turned into a resort with cutesy shopping malls and a golf course that began life as a coffee plantation, turned to cattle, and now to 27 holes. Golf is the new cash crop.

Princeville sits on a bluff overlooking Hanalei Bay and the purple peaks, and when the sun streaks through the darkening clouds, it looks like a reenactment of the Creation. Hereabouts, drop into Ola's Crafts for unusual things from Hawaii and "the world outside" or Toucans for sporty clothes and Just for Sport for beachwear.

Up here, past Lumahai Beach, which was the nurses' beach in *South Pacific*, past the coveys of Hawaiian coots and Hawaiian gallinules and the ducks called koloa, in the wildlife refuge at Hanalei, the road gives out at Haena Point. Now the Na Pali coast begins, huge folds in the green cliffs, high above the secluded beach-

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es below. There are those stalwarts who brave the old Hawaiian trail to feel the force of this unearthly place, stepping along the two-foot-wide paths that edge for 11 miles above the thousand-foot drops. All this is a jungle untouched by roads, marked only by trails, only for the sure-footed and stout-hearted and those romantics en-

tranced by the wild mountain apples, passion fruit, wild bananas, ripe guava ginger, and now and then, a wild goat. After all, 6,000 Hawaiians lived hereabouts centuries ago.

But there are other ways. It takes no fewer than 15 helicopter companies, 27 boat companies, 3 kayak groups, and 8 diving outfits to satisfy the curiosity of those who would inspect the recesses of this garden island. Some choppers operate out of Lihue Airport; one, Papillon, leaves from Princeville. They will flutter into Waimea Canyon, drop down at the beaches along the Na Pali coast, and float over the wettest spot on earth. A 50-minute flight with an hour's stop at Red Falls for a swim in the pond will relieve one of $135. Two hours, with 50 minutes in the air over Waimea, Hanalei, and Na Pali, is $225 per person.

And then there is sight-seeing by water, aboard rubber-raft Zodiacs that go whale-watching when the great mammals come north from December to May to mate and breed, or that buzz hideaway beaches of Na Pali that line the shore between the pleats of the mountains. SeaScapes does Zodiac and boat cruises; Blue Odyssey goes out on Zodiacs (and lends you an underwater camera); and Captain Zodiac, as the name suggests, uses rubber rafts on morning and afternoon trips that leave from the ocean side five miles from its office at Hanalei. And then there are glider flights and powered plane trips of the Canyon and Na Pali at $39 for half an hour's peek. With this terrain so inaccessible and awesome, flightseeing Kauai is a way to go. Hanalei Sailboards in the Hanalei Trader Building guarantees you'll sail in what they call "the fastest-growing sport in the world."

Eons older than Oahu and ten times older than the Big Island, youngest of the Hawaiian Islands, Kauai's rich, rain-fed soil makes it a special place for tropical plants, rare and common, from Wifebeater Trees to Seychelles Double Coconut Palms, reputed to live for 1,000 years. Brightly plumed chickens still live here, brought by the first Polynesian wayfarers, although on the other islands they proved too tasty to the resident mongoose. An agricultural preserve of ranches and plantations until the 1960s—when the travelers began to make their own voyages of discovery, and the Hollywood site-searchers made theirs—Kauai, with only 46,000 permanent residents compared to 800,000 on Oahu, is on the cusp of new popularity. "We pretty much have everything," says Julia Neal, editor of the daily newspaper called *The Garden Island*. "Desert, rolling green pastures, pine forests, tropical jungle rivers, ocean, reefs, surf, lakes, bass fishing, deer hunting, pig hunting—everything short of skiing." All that and the blossoming selection of comfortable places at which to endure the heavenly life seem destined to make Kauai The Next Island.

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From Battlefield to Bedside

During the Civil War, Clara Barton spent her time carrying supplies to soldiers and nursing wounded men on the battlefields. This first-hand experience led her to the founding of the American Red Cross in 1881.

While ladies like Clara Barton were serving the health needs on both continents, NuAGE LABORATORIES LTD. had been in business several years, supplying safe and effective

medicine to relieve pain and suffering. KALI PHOS was one of these remedies. KALI PHOS is a true nerve tonic especially recommended for nervous people. A great remedy for all forms of nerve debility and symptoms arising from want of nerve power, KALI PHOS is a lactose-based, safe, and effective homoeopathic tablet manufactured by NuAGE in accordance with the Homoeopathic Pharmacopoeia to ensure "purity, quality, and accuracy."

Today the Red Cross still serves the needs of many. Likewise, NuAGE homoeopathic remedies are still being manufactured of the same quality and safety to meet today's standards. Look for NuAGE products at better health and nutrition centers, or order from:

NuAGE LABORATORIES, LTD., 4200 Laclede Ave., St. Louis, MO U.S.A. 63108
1-800-325-8080

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Your Society's Quest for Better Health

With your help, your Society has come a long way on the highway to better health. But the road stretches before us. Only with your continued help can we maintain our brisk and rewarding pace.

What have our combined efforts already accomplished on this endless journey toward a healthier, happier society? Let us count the ways:

The lithotripter for sparing the scalpel by pulverizing kidney stones and gallstones is pretty much taken for granted. But it was your Society that helped launch the first such pain-saver in the United States. And it was through the efforts of our Kidney Stone Formers Club that we first met Charles Pak, a urologist at the University of Texas Southwestern Medical School.

Mother and daughter were once the same height. Over the past 25 years, Helen Bledsoe (right) has lost 5½ inches of her height due to calcium loss from her bones. With adequate health care, Helen Phillips hopes to avoid a similar loss.

Dr. Pak had discovered a blessed solution for patients distressed with gas and bloating from taking calcium-carbonate preparations. After watching an experiment involving an egg (in its calcium-carbonate shell) brought to the surface in a bowl of vinegar by the power of carbon-dioxide bubbles, he related this effect to the carbon-dioxide gas formed when calcium carbonate reaches the hydrochloric acid in the stomach. For his patients distressed by calcium-carbonate supplements, the clever scientist replaced the carbonate with calcium citrate—no more gas, no more bloating.

Luckily, the timing of this discovery corresponded to our campaign urging members to take calcium supplements as a broken-bone deterrent in later years. (The Sloan-Kettering Institute has also found reason to believe that adequate calcium might prevent colon cancer.) At left, you see the results of calcium loss from the bones of Helen Bledsoe. She and her daughter, Helen Phillips, were at one time the same height. With adequate calcium and exercise, the younger Helen hopes to avoid shrinking the 5½ inches lost by her mother.

Thus we have several good reasons for offering a 100-tablet bottle of Citracal to all contributors who believe in their Society's devotion to easing the misery of the already afflicted as well as to preventing that misery from occurring in the first place. Again, let us count the ways:

Our three mobile health units continue to hit the road to offer their services in combating current health problems. Our MAMMOBILE provides free screening tests for women who aren't getting regular mammography. Our HEART MOBILE checks for high cholesterol and high blood pressure, which can lead to heart attacks. Our AIDS MOBILE goes out of its way to counsel and test individuals who might be innocent carriers of this fatal disease.

The Saturday Evening Post published the first definitive article on the importance of fiber in the diet in 1974. This interview with Dr. Denis Burkitt is as timely today as it was when it first appeared. We're glad our readers got a jumpstart on preventing many of the problems that eventually come from eating a fiber-depleted diet. Oh, yes,

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Together we have made a difference. Your continued support will enable us to explore more ways in which to relieve humanity of painful afflictions and premature deaths.

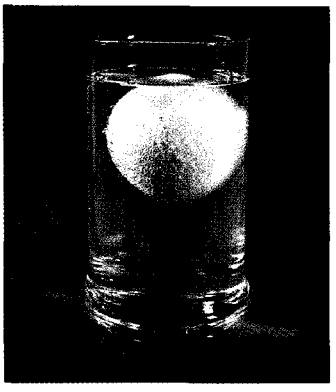
Dr. Charles Pak of the University of Texas Southwestern Medical School with his Citracal® (calcium citrate) pills.

The Saturday Evening Post Fiber & Bran Cookbook was the first high-fiber cookbook to be published.

We collaborated with Kellogg and Quaker Oats to get more high-fiber bran products developed. To maximize the fiber in your diet, we're currently working with a Michigan manufacturer of whole-wheat croutons to present to Society members in the next issue of the **Post**.

Thanks to your continued support, the Society was also able to warn its members early about the stealthy invader radon gas and to provide the kits for home testing.

After we recommended Citracal in the **Post**, so many of our readers wrote us and complained that they couldn't find it in their local stores that we voted to supply Citracal as our health gift again this month to our contributors. Because you are helping others feel better and live longer by your generous contributions to our research, we hope that you or perhaps a loved one will try this calcium supplement. Those who get gas from taking calcium-carbonate preparations will find it's a godsend.



The powerful tiny bubbles holding up the egg demonstrate why many people get gas when they take calcium carbonate.

Wouldn't it be great satisfaction to know that your tax-deductible gift helped to send these diseases to the bone yard—and introduced you to Citracal, the calcium supplement we hope will keep you standing tall? Just filling out the card or coupon and sending it to the Saturday Evening Post Society will do it.

If you can send a tax-deductible contribution, we'll send you a sample bottle of Citracal as it was formulated by Dr. Pak. It's our way of saying "thank you" for allowing the Society to continue widening the knowledge of killer diseases that will, we hope, one day be but footnotes in medical-history books.

The Saturday Evening Post Society

P.O. Box 567 • Indianapolis, IN • 46206

Yes, I want to stand tall by adding Citracal®, calcium citrate, to my diet. Please send me a 100-tablet bottle. I'm enclosing a contribution for the Society's medical research and medical education.

My Donation: $5_____ $10_____ $15_____ Other_____

☐ Check or money order is enclosed. Charge to: ☐VISA ☐ MasterCard

CARD NO. _____ Exp. date_____

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MEDICAL MAILBOX

by Cory SerVaas M.D.

Discovery consists in seeing what everybody else has seen and thinking what nobody has thought.—*Szent-Györgyi*

Allergy Causes Colitis

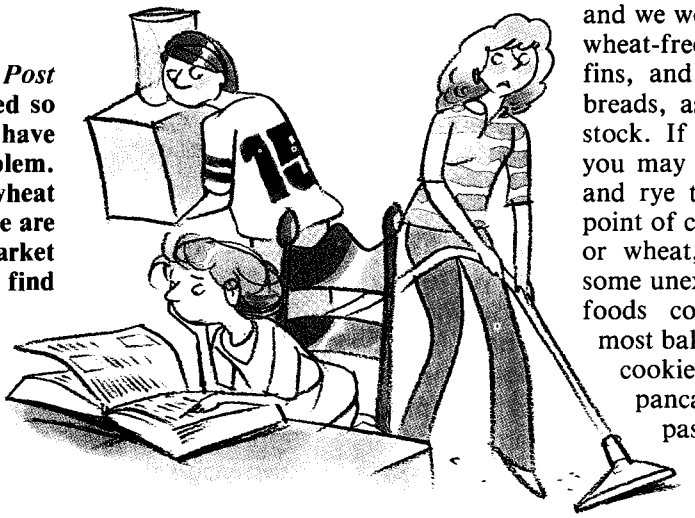
Dear Dr. SerVaas:

I read your column in the *Post* every month, and I have received so much help in reading it as you have helped others. Now I have a problem.

I cannot have anything with wheat in it, and I am wondering if there are breads or crackers on the market without wheat in them. I cannot find anything in our area except rice cakes. I cannot even find recipes so I can bake my own bread. I do make oat-bran muffins and eat them, thanks to reading your comments on oat bran and cholesterol, as I also have a high cholesterol level. It has dropped down from 430 to 213, thanks again to your column.

Hope you can help me on the wheat, as I have colitis. So I have to be very careful of what I eat. Also, I have hypoglycemia, and I am working on getting that diet straightened out as it calls for so much bread, which I cannot have. Thank you again for all your wonderful work.

Jacqueline Tygart
East Moline, Illinois



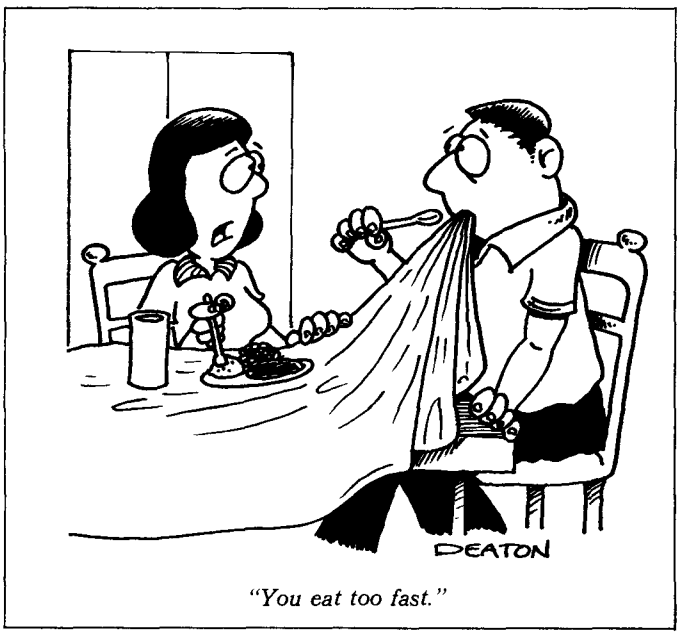
Margie had no energy for family chores; her siblings thought she was lazy. Little did they know that she was seriously ill from an allergy to gluten in the wheat-containing products she ate.

We checked with local food stores, and we were told that they had many wheat-free products. Oat-bran muffins, and potato- and tapioca-flour breads, as well as crackers, were in stock. If you are allergic to wheat, you may be allergic to oats, barley, and rye to a lesser extent. Make a point of checking *all* labels for gluten or wheat, because wheat comes in some unexpected places. Some of the foods containing wheat products: most bakery products, bread, cakes, cookies, and crackers, as well as pancakes, bagels, buns, pizza, pastas, canned soups (in which wheat and barley are used as thickeners), many processed cheeses, some processed meats, ice cream, puddings, Postum, and Ovaltine. Gluten also shows up in whiskey and beer.

This still leaves a long list of foods that may be eaten by those allergic to wheat: All fish, poultry, and fresh meats, if not breaded for cooking or eaten with gluten-containing gravies or sauces, can be eaten. Potatoes, corn, rice, beans, and peas provide carbohydrates that are gluten free, as do dairy products, milk, cottage cheese, yogurt, and hard cheeses. (Note: some ice creams are gluten free, but others are not.) All plain, fresh, and frozen vegetables and fruits may be used, as well as canned ones. Fruit preserves, jams, and jellies are allowed, as are dried fruits, raisins, figs, and nuts. Permissible beverages include coffee, tea, hot chocolate, fruit juice, Kool-Aid, milk, and buttermilk.

The same people who are allergic to wheat may also be allergic to dairy products and unable to digest lactose. Or they can be the people who cannot handle fructose as easily as most of us. In other words, it is a good idea for persons experiencing irritable-bowel problems to constantly experiment by eliminating foods that may cause their trouble.

Your letter reminds me of my friend Margie. When Margie was a child several years ago, she had six brothers and sisters—all robust, well-developed youngsters. They were all swimmers who took first place in the backstroke, breaststroke, and butterfly in every age group. But Margie was slight and underdeveloped with a protruding abdomen and dark circles under her eyes. At 13, she tired easily and her development was not normal. Because she didn't have the energy to perform housework, her brothers and sisters thought her lazy. Her bowel movements were explosive and had a strong odor. None of her pediatricians could



"You eat too fast."

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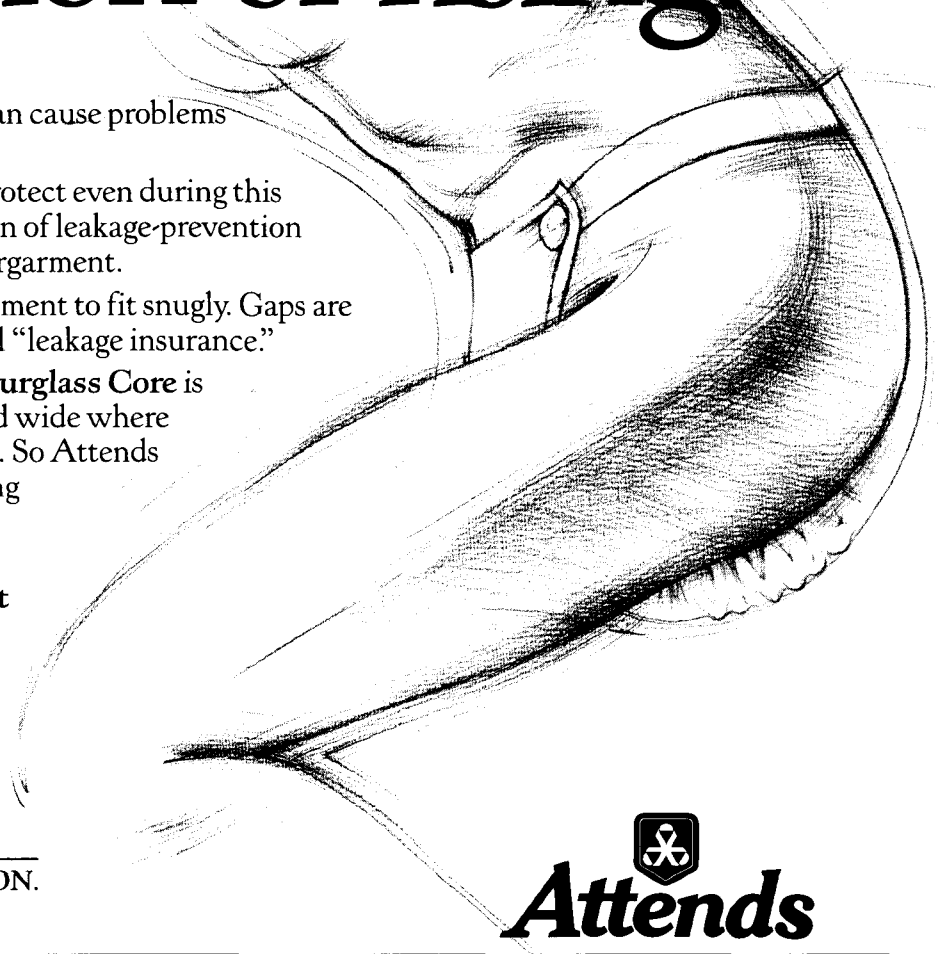
The moment you start to stand, you strain bladder muscles. So Attends is designed to help protect during the motion of rising.



Rising from a chair.

It's a simple motion. But one which can cause problems for people with incontinence.

That's why Attends® is designed to protect even during this specific movement with a combination of leakage-prevention features not found on any other undergarment.

Attends' Leg Gathers allow the garment to fit snugly. Gaps are practically eliminated, providing vital "leakage insurance."

Attends' Exclusive Absorbent Hourglass Core is designed narrow between the legs and wide where maximum absorbency may be needed. So Attends helps prevent uncomfortable bunching while still providing outstanding leakage protection.

And The Unique Higher Waist Fit is designed to fit more like conventional underpants to help prevent slipping.

The result...outstanding leakage protection at the times you need it most.

ATTENDS. PROTECTION IN MOTION.

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BRIEFS AND UNDERGARMENTS

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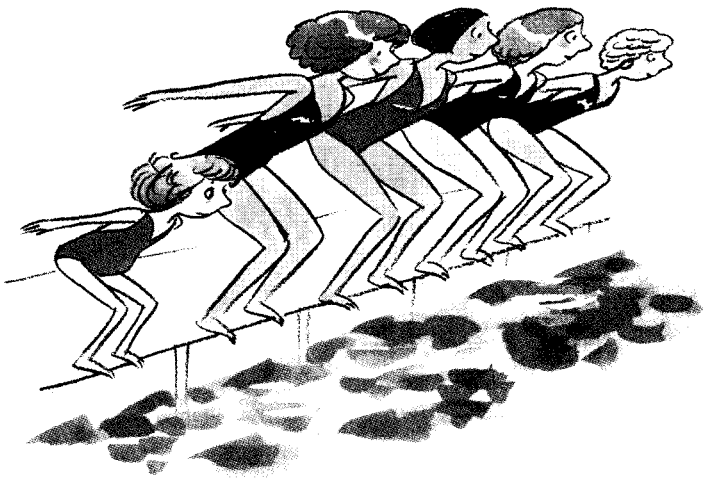


Much to little Margie's despair, she couldn't compete with her sisters—in spite of a normally good diet, she didn't grow because she was allergic to wheat. She thrived after eliminating gluten.

identify her problem. Her mother, Hazel, was frantic. She thought she might lose her daughter. Fortunately, Margie's mother was persistent.

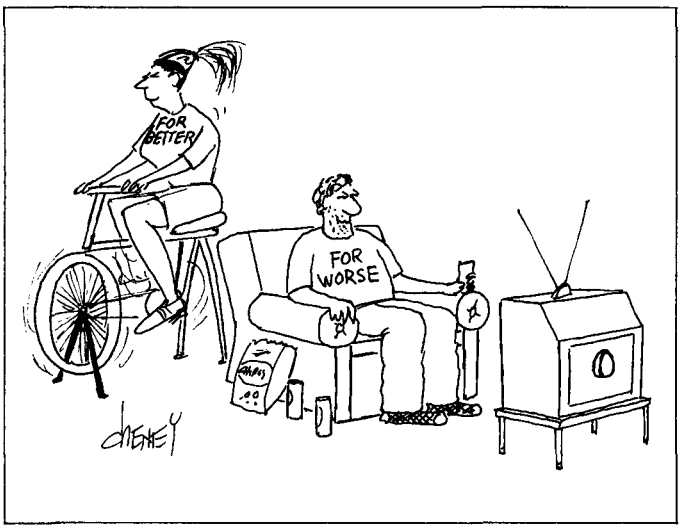
Finally, Margie's affliction became more commonly recognized as *celiac sprue*, and a diagnosis was made. Her doctor explained that persons with celiac sprue could not eat wheat because they could not tolerate gluten found in wheat. It was damaging her bowel lining so that it could not absorb the nutrients from her food. Margie's aunt had also suffered from irritable-bowel syndrome all her life, and in retrospect, family members remembered that Margie's grandmother had experienced bowel problems. Even when such a condition runs in the family, some people may not lose their ability to metabolize gluten until later in life.

Today, thanks to improved diagnostic techniques, you can do something about a case of wheat allergy. It is a happy day when a doctor makes this discovery and can help a patient by simply teaching the patient to avoid all products that contain gluten.

Congratulations on lowering your cholesterol from 430 to 213. I would urge you to have your HDL-LDL ratio computed so that you will know if you have enough HDL to flush the dangerous LDL out of your arteries. (Please read our Heart Beat article, on page 82.)

Your hypoglycemia diet will also be good for lowering your cholesterol. I'm sure you'll be eating such high-fiber, high-carbohydrate foods as oat bran, beans, peas, cantaloupe, and potatoes.

You have a challenge, but fortunately you seem to be on the right track. We're mailing you our wheat-free recipes, and we suggest that you join the Colitis Club.



Get Your Own Blood Back

Dear Dr. SerVaas:

I was reading your "Medical Mailbox," July/August '88, about Dorothy Polikoff. Telling her story was a wonderful thing for her to do, and advising predonating your own blood was informative.

I was completely ignorant of autologous [transfusions]. I'm sure there are many people who are (or were) as much in the dark about this as I.

I'm very sorry she lost her husband through AIDS, all due to a transfusion, and now she is a victim, heartbroken and in need from no fault of her own.

She was the wife of a veteran, so I believe a lot of heavy pounding should take place on the door of the VA Hospital. The burden of her life and that of her husband's is on their doorstep.

Why should the government get off scot-free? Charity begins at home, or should. It's our government—we support it. But sometimes I wonder if the government forgets this.

In the meantime, why not have donations for Mrs. Polikoff sent to *The Saturday Evening Post* as our way of saying thanks? Many lives may be saved from the information she has given to all of us. We are all in this frightening thing together. Please let me know. Feel free to use this letter.

Dorothy Sloan
Reno, Nevada

The *Post* will be glad to forward any benevolences to Mrs. Dorothy Polikoff. She is a brave person and deserves help for having the courage to "go public" about her illness so that others who have received blood transfusions will be tested for AIDS before unknowingly infecting anyone else (July/Aug. '88).

Many people want to help prevent the spread of AIDS. One thing we can all do is help educate all our family members and friends about the existence of blood-filtering equipment in most hospitals. The public also needs to be alerted to request that the equipment be used if there is a likelihood of a blood transfusion. Mr. Polikoff's life could have been saved had this equipment been used for him, and he would not have passed the disease on to his wife. Tragically, the equipment was available in the hospital where Mr. Polikoff's surgery took place.

We urge our Society members to ask to predonate their own blood or request intraoperative autologous transfusions if at all possible. If the hospital where surgery is to take place doesn't have the blood-filtering equipment for performing these transfusions, insist that the personnel rent or buy it before you are admitted for elective surgery that might require blood.

The Sting

Dear Dr. SerVaas:

My family enjoys the *SatEvePost* very much. We find

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Now you don't have to depend on the kindness of strangers.

Getting a blood transfusion during surgery from who-knows-where is a risk you don't have to take anymore.

Because, with your doctor's agreement, you can go to a hospital equipped to let you reuse your own, safe blood.

If you don't know which hospitals those are, call us. We'll tell you. We'll also send you information about the risks of getting AIDS from donated, banked blood.

The call won't cost you anything. Now imagine what not calling could cost you.

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the articles on cholesterol, high blood pressure, fats, etc., especially helpful, as my husband has had multiple bypasses, and we are trying to prevent further blockage.

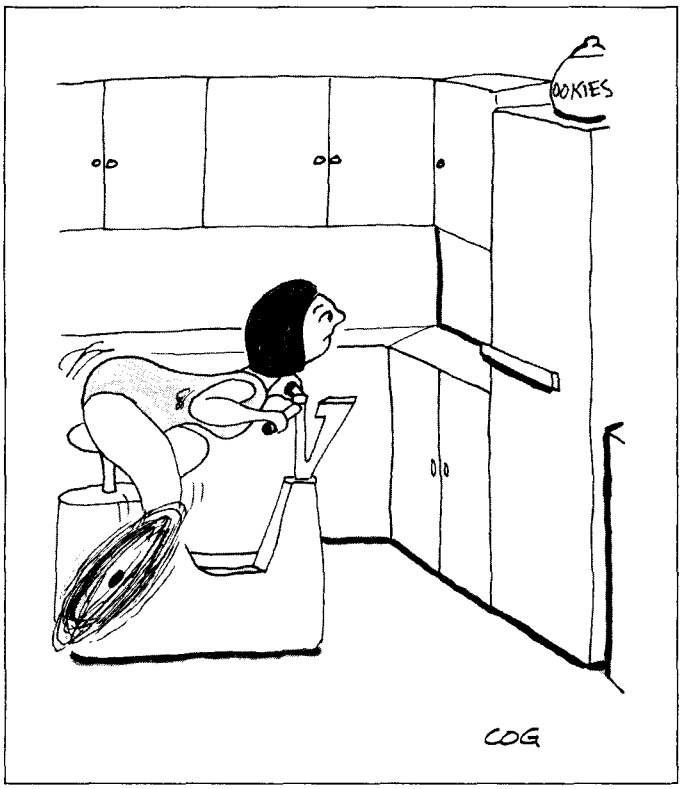
Now I have a new problem. After being stung by various bees, wasps, yellow jackets, etc., over the years without serious consequences, I have just had a bite which caused life-threatening problems and a fast run to an emergency room. The doctor stated that this is likely to be the case with any future bites and prescribed a kit for me to use immediately to minimize complications and give me time to get to a hospital.

In the past I have heard of a desensitizing process, but it was lengthy and the protection not assured. Do you have information about current treatment and the "pros and cons"? I am an avid gardener and don't look forward to having such a violent reaction if I am stung again. I would appreciate any help that you can provide.

Ann S. Mann
Birmingham, Alabama

Fighting fire with fire applies to insect stings as well. For years, according to the American Academy of Allergy and Immunology, the treatment for people allergic to stings, whether those of bees, wasps, yellow jackets, or hornets, has been preparations made from the whole body of the stinging insect. They report that these products did not contain enough of the pure venom to successfully immunize allergic patients. Today, according to the academy, improved methods of collecting the actual venom from the offending insect have led to venom preparations that more successfully immunize allergic persons. The treatment, called venom immunotherapy, involves gradually strengthened doses to stimulate the patient's immune system to become increasingly resistant to the offending insect's venom.

These insect venoms are used to treat allergies to honey bees, hornets, wasps, and yellow jackets. Consult your physician or allergist about the new, specific venom preparations. There are some patients who experience severe reactions which are not related to allergic mechanisms; these patients are not eligible for immunotherapy—their allergist can prescribe appropriate treatment.



On the Bright Side

Dear Dr. SerVaas:

I read the letter from Mrs. Gerald Thomas, St. Cloud, Minnesota [March '88], regarding her daughter after surgery for thyroid cancer.

My daughter had surgery for thyroid cancer in 1958 when she was 14 years old. She had no chemo or other therapy, only a thyroid supplement (pill) which she takes daily.

She is alive, well, happy, the mother of a handsome 23-year-old son.

Thought maybe this would perhaps give the daughter some peace of mind.

Mary Skaare
Holmes Beach, Florida

Possible Solution

I am a 72-year-old woman in quite good health. I experienced urinary incontinence when walking or standing recently as a result of a prolapsed uterus and a cystocele. My gynecologist suggested a vaginal hysterectomy and pelvic repair. He cautioned that this procedure would result in reducing the vaginal opening. Since my husband and I have been married 50 years and have not lost interest in each other, this seemed extreme to us.

I asked him if he ever prescribed pessaries. He said he had done so in some circumstances, and he then measured me and ordered me a Gellhorn flexible pessary.

I have been wearing it for some months, and it has made it possible for me to stand, walk, and even run.

Perhaps this solution should not be overlooked as a means of avoiding hysterectomies and urethral suspensions in other women with incontinence.

Lovinia M. Cook
Summerland Key, Florida

Tea Is No Lemon

Dear Dr. SerVaas:

After reading your column about herpes I decided I must write to you about my experiences with this. I hope that in doing so, I can help someone else.

I am a 76-year-old man, and for over 20 years I suffered with this. I would get these sores on my tongue and sometimes even down in my throat. And as anyone can tell you who suffers from this, it was very painful. They also make you very irritable and just about drive you up the wall. (I also had a case of shingles during this period.)

I went to four different doctors over a span of ten years. All had the same discouraging answer: "We know of no cure, and we don't know what triggers this virus."

The word "trigger" got me to thinking and wondering. I decided to try my own experiment. I tried giving up several different things that I was eating. No result. I then decided to give up coffee and switched to tea. "Bingo." After about a week my sores cleared up and I felt so good. I felt like shouting and telling the whole world what had happened.

I stayed off of coffee for about a year. And during this time I had no sores.

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One day my curiosity got the best of me, and I started to drink coffee again. In three days a sore came on my tongue. I went off again, and within two days the sore was gone. That was about eight years ago, and to this day as long as I stay off of coffee I have no problem. I have no way of knowing if this would help others. All I know is that it worked for me. I would encourage others to try this experiment, or try experimenting with something else that you are putting into your body. I hope you are as lucky as I was.

Cecil F. Vavak
Carmichael, California

Seek Help for Wegener's

Dear Dr. SerVaas:

I was reading our March '88 issue of *SEP* and happened upon Jean Meyer's letter. She's the lady whose husband was diagnosed as having Wegener's granulomatosis.

Will you please forward the enclosed information to her for us, since we don't have Mrs. Meyer's address?

We have been gathering information on Wegener's since our son was diagnosed as having it in 1976. It was far advanced by that time, and he only lived another 2½ years.

It is important that Mr. Meyer get the best help they can find. They need doctors familiar with the disease and treatment, as quickly as possible.

We were able to go into medical libraries and look in medical journals and other books for information and to make copies. However, we found the enclosed information some of the most helpful and up-to-date on the subject.

We found very few doctors at that time who knew anything at all about it, and it wasn't diagnosed in our son until we took him to Stanford Medical Center in Palo Alto, California, where a student recognized it. She had done a thesis on it and recalled the symptoms.

We recommend going to a large medical center and checking to see if anyone there knows about Wegener's.

We also recommend prayer and faith in the Lord. He really brought us through. We are praying for the Meyers.

Roland and Dorothy Henry
Oakley, California

Headache Saga

Dear Dr. SerVaas:

The saga of the "Headaches from Food Allergies" goes on. I didn't read Robert J. Schmidt's letter in the April '87 "Letters to the Editor" but did read Carol Armstrong's response in the October '88 issue, and I have something to add.

As a fellow sufferer, I'd like to pass on the word to both, and to all others interested, not to overlook MSG (monosodium glutamate) as a packaged food ingredient or home and restaurant food additive that reportedly affects 10 percent of all Americans and 19 percent of all elderly. In my case, no aspirin-type concoction will touch the resulting headache; only 18 hours of misery will dispel it.

You can believe I read labels, especially on canned soups, etc., and often check with restaurant chefs (except in finer establishments, where they have no need for "enhancements") when eating out.

Edward M. Egan
Laguna Hills, California

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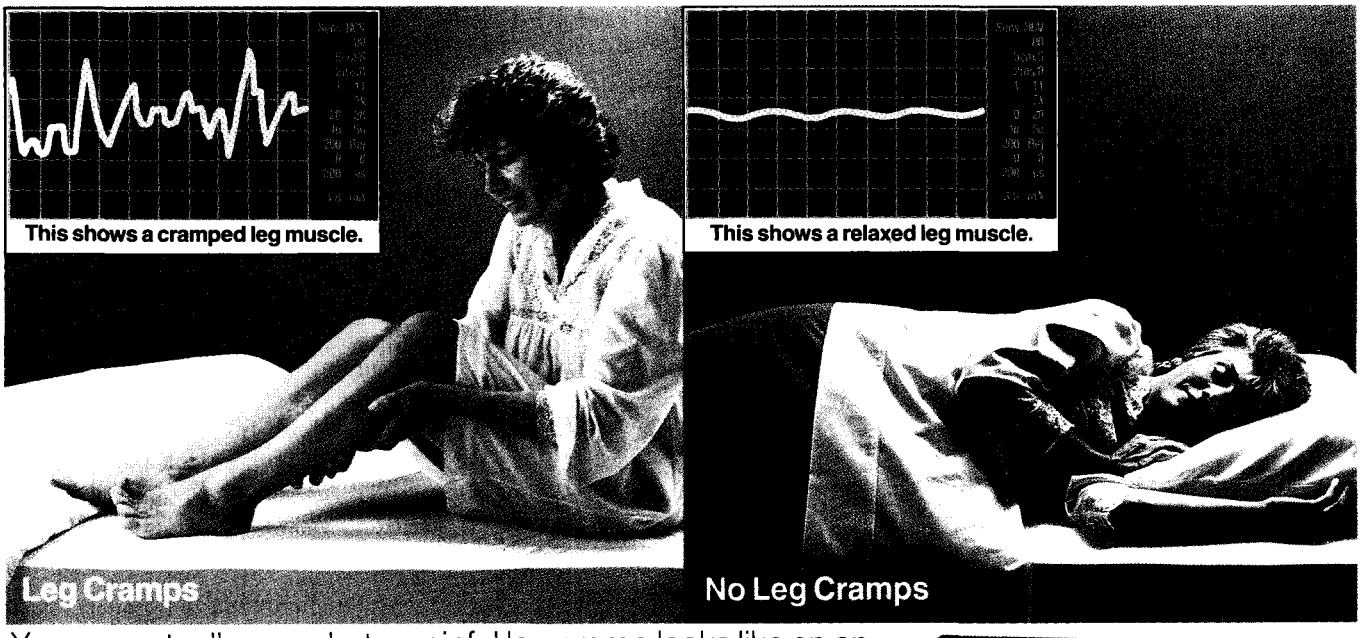

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Football Heroes

continued from page 39

draft choice, which meant increasingly bigger "bucks."

Then in the 1970s came the Vietnam War protests. The clean-cut, short-haired all-American came to symbolize the military industrial complex. Being a hero was no longer cool.

Despite the image problems of the 1960s and 1970s, college football and the all-American team not only survive but are currently undergoing a resurgence in popularity. In the 1980s, the 600-plus NCAA football teams annually attract more than 35 million fans.

Today, not only must all-American hopefuls perform well on the field every week, but players must handle the pressure of constant media attention as well.

"A young man who can do well early in his career and become known has a good shot," says Mike Treps, the sports-information director at Oklahoma and a veteran all-American maker. "Your all-Americans are made by having a good season the year before. Then in the spring, you plant the seeds by sending stories and pictures to magazines like *Street and Smith, Sports Illustrated,* and *Game Plan* that pick pre-season all-American teams. That sets the stage."

The ability of a player to communicate is important for receiving all-American votes. "If he can do a radio show or talk with newspaper men or handle a ten o'clock night interview with grace, then you have a good all-American candidate," Oklahoma's Mike Treps says.

In the end, the press that generates the publicity for an all-American can also hurt the player's chances. Before the 1987 season, Coach Lou Holtz of Notre Dame talked to his player, the eventual Heisman Trophy winner, Tim Brown: "I told Tim Brown last year that everything you do will be magnified positively or negatively. If you do something good, everyone in the world is going to hear about it, but if you happen to make a mistake, everyone will hear about that too."

Chuck Long, the 1986 all-American quarterback from Iowa, summarized the situation well: "There are a few bad apples, but I know the vast majority study, work hard, keep their noses clean, and try to live up to the all-American image."

For the most part, all-Americans are still the young men that the likes of Amos Alonzo Stagg and Red Grange would be proud of. ★

"O.K., O.K. Is it Jenkins?... No? Not Jenkins?... Uhh, Dalton?..."

Sandi Patti

continued from page 45

secular world. She's avoided being labeled a modern-day Kate ("God Bless America") Smith; she hasn't compromised on her pledge not to perform crossover songs; and she's succeeded in introducing contemporary gospel to audiences that may never have sampled it otherwise. The opportunity to sing on such highly rated TV shows as Johnny Carson's has been both exciting and unnerving. "Someone like Johnny Carson is very aware that I am a Christian artist," she explains. "So it becomes more than my name at stake when I encounter him. It's the name of Christianity, and as we know, so many things have given that a negative connotation. It's a challenge to present who I am in the light of being a Christian and to leave a positive feeling with people. I only have one shot to do it, or maybe a couple."

Such impressions are as important in her hometown of Anderson, Indiana, as they are in New York or Los Angeles. She isn't overconcerned about her appearance when she does her weekly grocery shopping or drives Anna's carpool, but she's very aware of the impression she gives and the message she projects. She works hard at keeping her priorities straight, and part of her strategy to accomplish that is to remove herself from the dollars and cents of her career. She purposely doesn't know how much money is generated by each tour or each album. "Maybe there is a side of me that keeps me from knowing the statistics so that I don't start saying things like, 'Oh, wow!' I couldn't begin to tell you what our financial situation is. I only know we don't have to worry about things like my parents did, and that probably takes some of the stress out of our relationship. I have good people who handle all that, and I trust them completely. I know if it got really awful, they'd tell me."

It's doubtful anything will get "really awful." Her current world tour, in support of her album *Make His Praise Glorious*, has earned rave reviews. Sponsored by Chick-fil-A, an Atlanta-based national fast-food chicken chain and longtime corporate booster of gospel music, the tour takes Sandi to 90 cities.

"They [Chick-fil-A] are a company founded upon Christian principles," Sandi explains, "so they were kind of looking for an outlet, a kind of

continued on page 108

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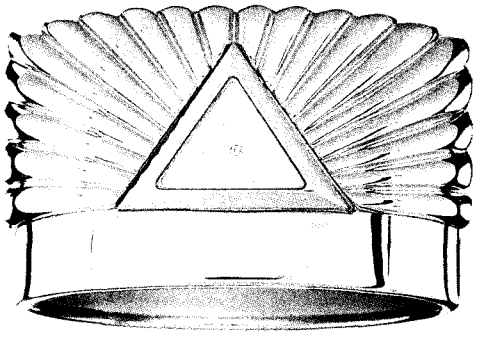

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MICROWAVE

THE RIGHT STUFF

Plain vegetables turn festive when filled with flavorful stuffings.

by Jacquelyn Nyenhuis, R.D.

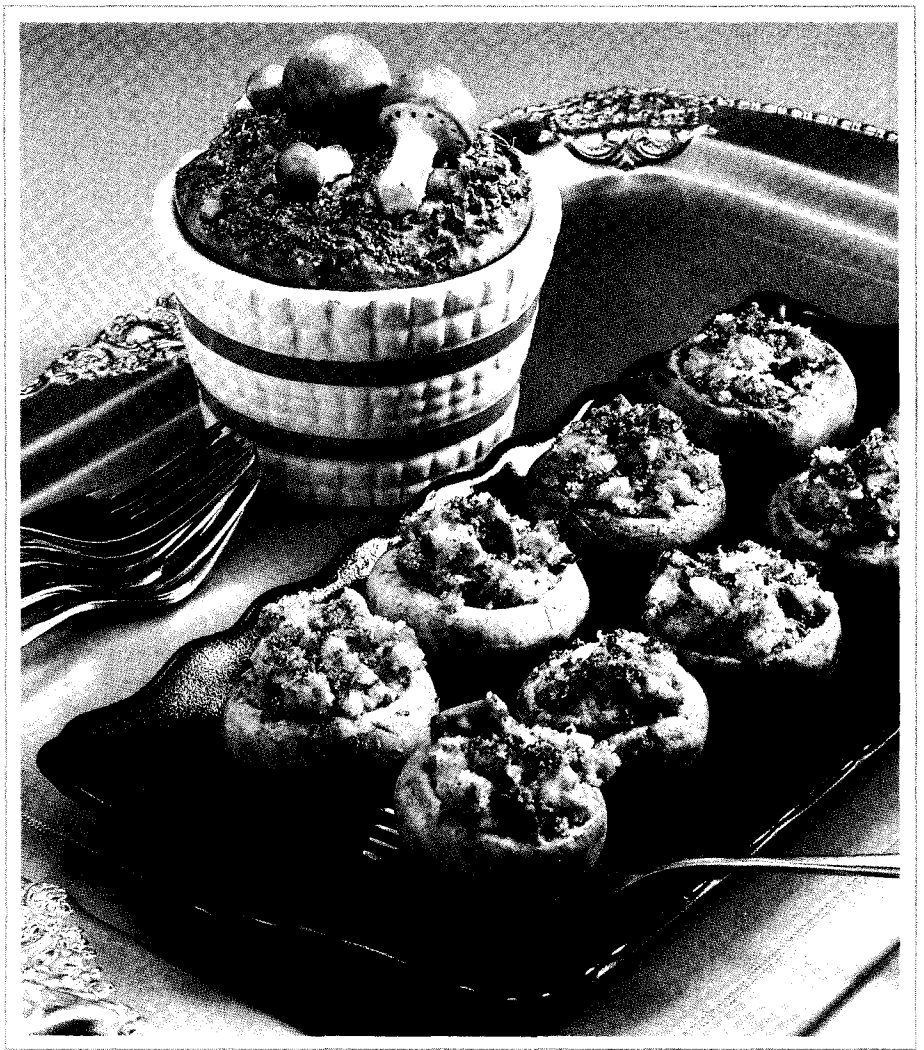
Pick your vegetables: tomatoes, onions, peppers, fresh mushrooms, or spinach leaves will do. Halve the vegetables, stem the mushrooms, wash the spinach, and you're ready to begin preparing exciting new vegetable stuffings.

Keep stuffings light. Use seafood, cheeses (low- to medium-fat), and whole grains instead of meat.

Real and imitation crabmeat will make excellent stuffing for peppers and mushrooms. Chunks of fresh or frozen crabmeat produce more attractive results than canned.

When heating shrimp in the microwave, take care not to overcook. Cooking time will vary from oven to oven and with the amount of shrimp being prepared.

The following recipes may be made in the microwave or with a conventional stove and oven; once you have mastered them, try creating new stuffings for other favorite vegetables—the possibilities are endless.



Crab-Stuffed Mushrooms
(Makes 24)

1 package (8 oz.) Neufchâtel cheese
1 tablespoon salad dressing
1 teaspoon Worcestershire sauce
1 teaspoon parsley
1 teaspoon minced onion
½ teaspoon horseradish or *2 teaspoons horseradish sauce*
1 package (8 oz.) frozen crabmeat
2 tablespoons minced green onions (just green part)
½ cup chopped mushroom stems
24 large mushroom caps
Bread crumbs

Microwave cheese at High (100%) in 1-quart mixing bowl ½ minute or until softened. Stir in remaining ingredients except mushroom caps. Divide crab mixture among mushroom caps. Arrange mushroom caps around outer rim of 12″ round serving platter. Sprinkle with fine bread crumbs. Microwave at High until stuffing and mushrooms are hot (3-4 minutes).

Jalapeño Peppers Stuffed with Brie
(Makes 6 servings)

6 jalapeño peppers
6 tablespoons Brie cheese
3 tablespoons olive oil
3 cloves garlic, minced

Slit peppers lengthwise. Remove centers and seeds. Fill each pepper with Brie. Microwave oil and garlic at High (100%) in small dish until garlic is tender, about 2-3 minutes. Make "X" on top of cheese in each pepper. Fill "X" with garlic mixture. Place peppers on microwave plate. Microwave at High 1-2 minutes or until cheese is softened. Serve with fettuccine or other pasta dishes.

Conventional directions: Cook garlic and oil over low heat 5 minutes. Bake stuffed peppers at 350° F. 8-10 minutes or until cheese is softened.

Bell Peppers Stuffed with Acadian Corn and Crab
(Makes 4 servings)

2 large green peppers
1 tablespoon margarine
⅓ cup chopped onion
½ cup chopped celery

For a healthful party snack, stuff mushrooms with an easy-to-microwave stuffing of crabmeat, horseradish, and Neufchâtel.

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¼ cup chopped bell pepper
1 clove garlic, minced
1 cup frozen whole-kernel corn
1 can (10 oz.) tomatoes with chilies
8 ounces crab claw meat
¼ cup chicken broth
¼ cup green onions
1 tablespoon chopped fresh parsley

Cut green peppers in half lengthwise; remove seeds and membranes. Place pepper halves cut-side down in baking dish. Cover with plastic wrap. Microwave at High (100%) until tender, about 5-6 minutes. Combine margarine, onion, celery, bell pepper, and garlic in 1-quart casserole. Microwave at High (100%) until tender, about 2 minutes. Add corn, tomatoes, crab, and chicken broth. Microwave at High 4-6 minutes or until flavors are blended. Add onions and parsley. Spoon into center of green-pepper halves. Microwave 1 minute at Low.

Conventional directions: Sauté vegetables about 5-10 minutes in saucepan until tender. For third microwave step, allow to simmer 20-30 minutes; add additional ½ cup chicken broth as needed.

Garlic Shrimp Stuffed Tomatoes
(Makes 4 servings)

4 medium tomatoes
1 dried red chili, split and seeded
4 cloves garlic, minced
2 tablespoons olive oil
1 pound uncooked, shelled, cleaned shrimp
⅛ teaspoon salt, if desired

Remove slice from top of each tomato. With spoon, remove pulp. Microwave chili, garlic, and oil at High (100%) in 1-quart casserole until heated, about 3-4 minutes. Add ¼ cup tomato pulp, shrimp, and salt; toss lightly to coat shrimp. Microwave at High 4-5 minutes or until shrimp curl and are opaque. (To avoid toughness, do not overcook shrimp. Cooking time will vary with amount of shrimp and size and make of your microwave oven.) Discard chili. Spoon shrimp mixture into tomatoes. Place tomatoes on serving plate. Cover with plastic wrap. Microwave at High 3-4 minutes or until heated. Serve immediately.

Conventional directions: Heat chili, garlic, and oil over medium heat in small saucepan 5 minutes. Cook shrimp until opaque; stir constantly. Discard chili and serve shrimp mixture in tomatoes.

Cashew Pilaf in Spinach Leaves
(Makes 8 servings)

3 shallots, minced
2 tablespoons margarine
3 cups chicken broth
¾ cup brown rice
½ cup whole-grain wheat berries
½ teaspoon cinnamon
½ teaspoon salt, if desired
⅓ cup currants
½ cup chopped cashews
8 large spinach leaves
8 carrot strips

Microwave shallots and margarine at High (100%) in 2-quart casserole until shallots are tender, about 2-3 minutes. Add chicken broth, rice, wheat berries, cinnamon, and salt. Microwave at High until mixture boils, 6-8 minutes. Microwave at Medium (50%) 20 minutes; then check rice for moisture, add water if necessary, and microwave 20 minutes more. Stir in currants and cashews. Place spoonful of pilaf mixture on center of each spinach leaf. Wrap by folding ends of spinach leaf toward center; tie with carrot strip. Place seam-side down on serving platter; cover with plastic wrap. Microwave at High 2-3 minutes or until heated through.

Conventional directions: Cook shallots and margarine over low heat in 2-quart saucepan until tender. Cook rice mixture on high until mixture boils, then reduce heat to low and allow to simmer 40-50 minutes or until rice is tender. Use blanched spinach leaves to wrap pilaf.

"Is she still trying to get them together?"

Sandi Patti

continued from page 104

getting behind a touring person. But because of what they stand for, they didn't just want to link up with anyone. . . . And the same for us."

Among the few negative aspects of 1988 was a recently published unauthorized biography. It revealed no dark secrets, but it was a bit of an embarrassment because of its poor quality. One of these days Sandi herself will write her story, but for now such a book is one more item penciled in on her "things to do" list—currently topped by a one-week getaway vacation, sans kids, to celebrate Sandi and John's tenth wedding anniversary. Here, too, they're unorthodox, for a change of pace for them is TV dinners by the fire, long walks, and no hotel wakeup calls in the morning.

The new year may bring an added element of normality as Sandi and John adjust their lifestyle to accommodate their growing family. A move is planned to a larger home, and their travel agenda will be curbed when Anna begins kindergarten in September. Concert dates will be clustered on weekends, and studio sessions can be scheduled in the summer.

"We'll do what's normal for us," Sandi says. "Having my family and John's family close by helps to bring us back to our roots. When we get together for a birthday, Thanksgiving, or Christmas, we sit around and ask, 'What did you do this week?' The fact that we may have been in Europe doesn't matter. It's no big deal. We still end up in the kitchen washing dishes with everyone else."

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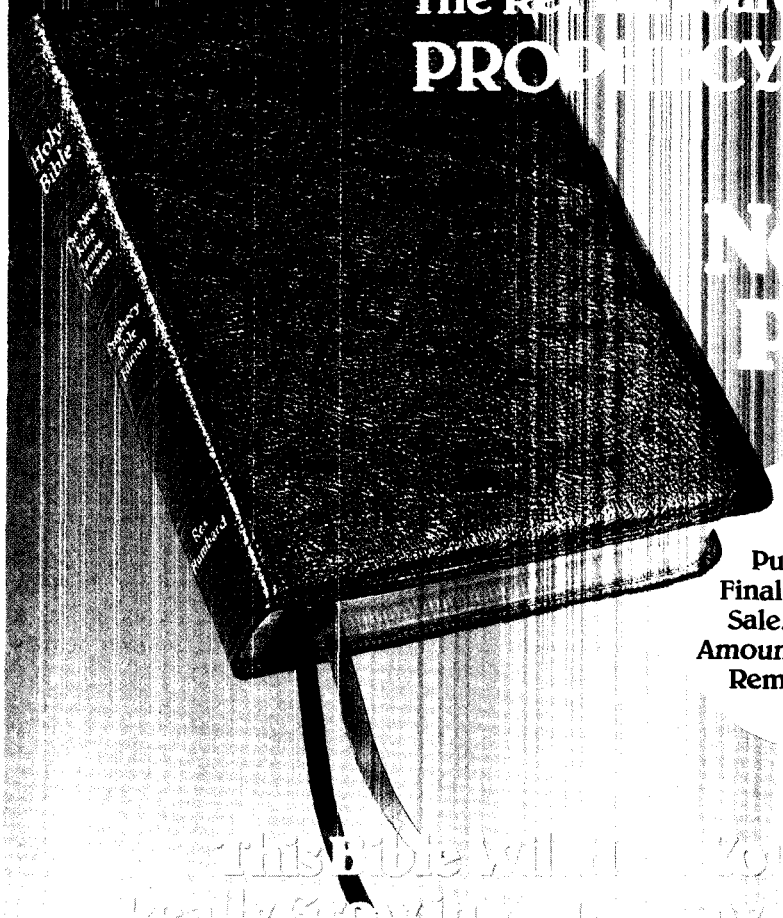

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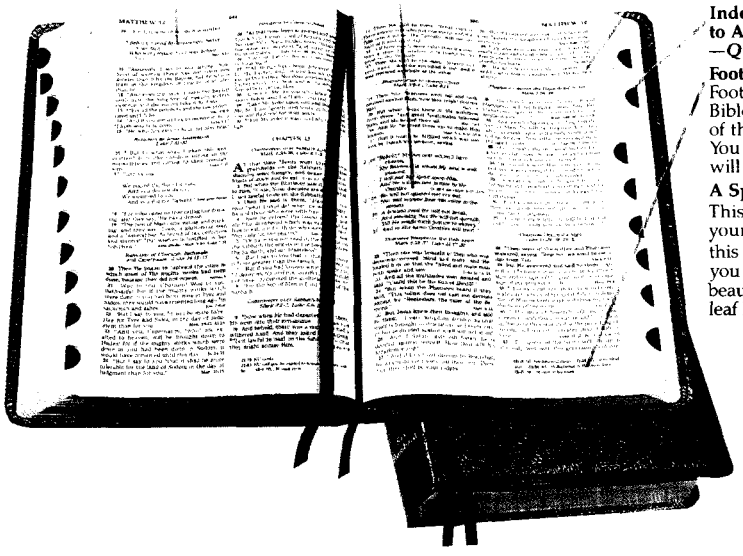

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Hold on to Your Hearing

continued from page 42

doctor and any friends with hearing problems for referrals.

Audiologists are often best for determining the degree and type of hearing loss. But if finances are a concern, check your health-insurance coverage before you start out. If your insurance won't cover hearing testing by an audiologist, you could opt for a free audiogram by a certified hearing-aid specialist, such as a Beltone-aid dispenser. Responsible dealers usually have working referral relationships with physicians who specialize in treating hearing disorders. An audiogram by an audiologist can cost from $50 to $75 or more. Audiologists may be in private practice or affiliated with a physician's private office, an audiology clinic, a community hearing center, or a hospital.

An audiometer generates tones of various frequencies you listen for with earphones in a specially constructed "quiet" room. The test usually takes about a half hour. Data from an audiogram can help determine the site and cause of any hearing loss and facilitate diagnosis and treatment of the underlying disorder, as well as ensure proper selection of a hearing aid if needed.

A routine audiogram can identify mild degrees of hearing loss in the higher-frequency region, where hearing loss due to noise exposure and aging initially occur, before you even notice it. If you are over 50 and you have never had an audiogram—and especially if you have some hearing loss—get one right away.

The frequency of subsequent audiograms will depend on the findings of the first test. If hearing loss is detected, more frequent testing may be recommended to monitor the pace of the loss and, if appropriate, the benefits of subsequent treatment.

In the next issue, Diana Benzaia will report on the latest advances in hearing aids.

Richard Simmons

continued from page 59

Revising our attitudes toward food and redesigning our eating habits, serving styles, and portions will help, but what else?

"Remember: don't build your holiday around food. Build your holiday around religion," Richard advises. "Build the holiday around your family. Spend more time with them. The family goes grocery shopping together and eats together. But how many families exercise together?"

"People say, 'The family that prays together stays together.' I also say, 'The family that exercises together lives longer together!'

Don't just jump into a jogging or exercise program. Especially if you're very overweight or have any doubts about the state of your health. It could be more dangerous to begin a routine than not to have one at all.

First, consult a physician. Richard insists that all of his new patients see the doctor before they embark on weight-loss programs. And his program does include certain types of exercise programs.

"I'm very into walking. Also, low-impact aerobics, which means that one foot is always on the floor at any time. Your chest is not hitting the ceiling. I also recommend swimming—an excellent exercise."

Instead of baking a loaf of bread or stirring up a batch of vanilla fudge as a gift this year, Simmons suggests giving a gift of an exercise video or—if the person would feel comfortable in a gym—a month's membership. Some overweight people would feel extremely self-conscious in a room full of Jane Fondas, so judge accordingly.

Finally, enjoy the holiday. Just don't overenjoy. An attitude adjustment is Richard Simmons' major recommendation. A positive attitude will help you respect your health and happiness and will take precedence over the desire for that "food fix."

"I spent the first 20 years of my life as an overweight person," Simmons says. "I've lived the second 20 as a healthy person. And, believe me, it's a much better half."

Outcast of the Hills

continued from page 65

"No!" Jonathan cried.

Eben turned and ran. "I have two strong eyes. Before another Christmas comes I can find more brier wool and make another sheep for me."

"No!" Jonathan called, but it was like calling to the wind. And he knelt there in the shed, holding a lamb of sticks and stones, and wept.

By and by he went out of the meadow and the night; he went to Mis' Loulie and laid the sheep and the bells in her lap. "Your sheep are gone. This is all I have left of your trust."

She felt the wool, all the little bitty pieces of brier wool matted close. She stroked the wooden head and the long wooden nose. "Maybe it is trust enough. Have you forgotten, Jonathan, it was not sheep alone I gave you to guard, but a way of life?"

He knelt there and looked and looked at her with his heart. "Tell me, Mis' Loulie, what you are trying to tell."

She smiled to her secret self, and she did not answer. She asked instead, "Does a shepherd need sheep? Or do sheep make a shepherd?"

It was a strange question. He didn't know what she was trying to tell, for the mountain people everly have a favorance for speaking in riddles. They talk all around a thing to tell it well.

Jonathan listened and listened, and asked it again, "Tell me, Mis' Loulie, what you are trying to tell."

"I saw a thing this day in the thread of life. I saw ears. A whole

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world of listening ears. I saw how big they are, and foolish and believing. I saw how deaf they are to all the small, unspoken things, how they can hear only the shouting of the crowd. I saw your ears."

She leaned to him, and now she was shouting. "Do you know what it was your ears were hearing? 'You are an outcast!' That was what they were hearing. 'You are condemned! You have no place among men!' That was what your ears were hearing. That was what your foolish ears were believing."

She grabbed his ears and like to pulled them from his head, and she whispered so soft, it was as though the words were not said, "Jonathan, because men call you blind, does that make you so?"

No. Oh, no. He knew it didn't make him so. He knew the answer so well. For he had learned that eyes are perhaps the least of men. For men without eyes can see only the loveliness.

And she said, without saying it at all, "Because men call you an outcast, does that make you so? Because men shame and condemn you, are you condemned within yourself? A man does not need forgiveness to forgive. He does not need friends to be a friend, he does not need the faith of others to have faith within, he does not need eyes to see."

Chills touched his back and trembled his hands. And Jonathan saw. After so long and long a time, Jonathan saw again.

"The thief stole what you did not need. You do not need sheep to be a shepherd, and if you become a shepherd of more than sheep, maybe you can find your way again. It is not your sheep that are lost. It is you. All these months you have been lost from yourself. That is what you might find this Christmas night. Not the sheep that are lost. But the man."

Jonathan looked at her with his heart and he listened to her with his heart. And he picked up the lamb of sticks and stones, and he said, "Mis' Loulie, I have a long way to go, and no hurt must come to it. Do you have a sacking I could tote it in?"

She brought a great brown sack and together they laid it in, and he hung it over his back. He fingered a golden coin. It was the only coin he owned. "I have never owned a sheep all my own. But if you still had yours and they were not stole, would this be enough to buy? The least one?"

She took the coin and felt it, and said it would be enough.

He walked to the door and opened it. Coldness struck at him, and stillness; there was no sound at all, so he knew it was snowing even before the flakes crowded the door.

"Winter has made a soon start," he said.

And she said, "Yes, I will take no more walks this year. I found it much too cold today; I went only as far as the cave."

The cave. He smiled and nodded, and slipped out into the snow. And shut the door on everything he used to know.

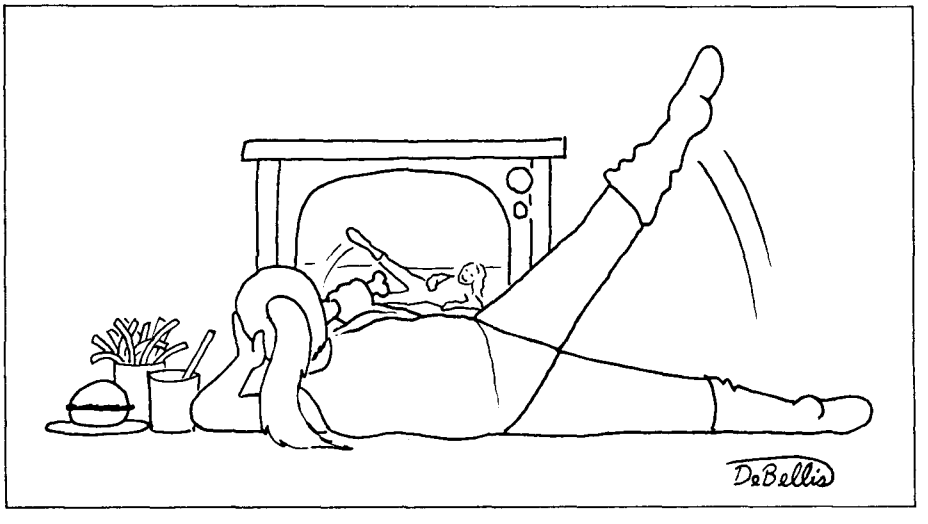
(continued next issue)

The Thyroid Mystery

continued from page 49

the development of a synthetic thyroid extract. It was also learned that the plant had operated for many years as a kosher killing plant. That ended in November of 1984. Kosher killing made the thyroid gland readily recognizable. The neck meat remained red after the blood was drained off, but the thyroid turned pale. It was presumed that the end of this practice made it difficult for the trimmer to avoid including thyroid-gland tissue in the trim. Samples of trim were taken for extensive examination by three investigators in Massachusetts—Drs. Sidney Ingbar and Lewis Braverman (of *The Thyroid* fame) and Dr. Bruce Meyers. Their findings confirmed that the suspected beef trim produced and sold by the plant contained high concentrations of thyroid hormones. This confirmation was further confirmed by a test involving human volunteers. That test was performed, with the approval of the Human Subjects Institutional Review Committee, at the University of Massachusetts Medical School. Four volunteers ate samples of the implicated beef trim that had been ground and cooked into hamburgers. The samples had previously been cultured to exclude such disease organisms as salmonella, shigella, and campylobacter. Blood samples for thyroid-related hormone analyses were obtained before and after eating. All the volunteers remained asymptomatic, but the serum tests showed the presence of thyroid hormone. The recall of the meat from the Minnesota and South Dakota stores brought an end to the outbreak. The known cases of thyrotoxicosis totalled 121, but it is probable that there were many cases in the affected area that were unknown to the investigators. There were no deaths, but a number of sufferers, mostly elderly people, were hospitalized. The investigation also led to the resolution of the uncertainties of the York County, Nebraska, outbreak of the year before. A significant majority of its victims were found to have eaten ground lean beef purchased from a single supermarket.

The 1985 thyrotoxicosis outbreak and its successful investigation had consequences of more than local interest. One of these was that on August 29 the United States Department of Agriculture issued an advisory to U.S.D.A.-inspected plants that temporarily prohibited trimming near the gullet in beef (and pork) for human consumption. That prohibition was later made permanent.



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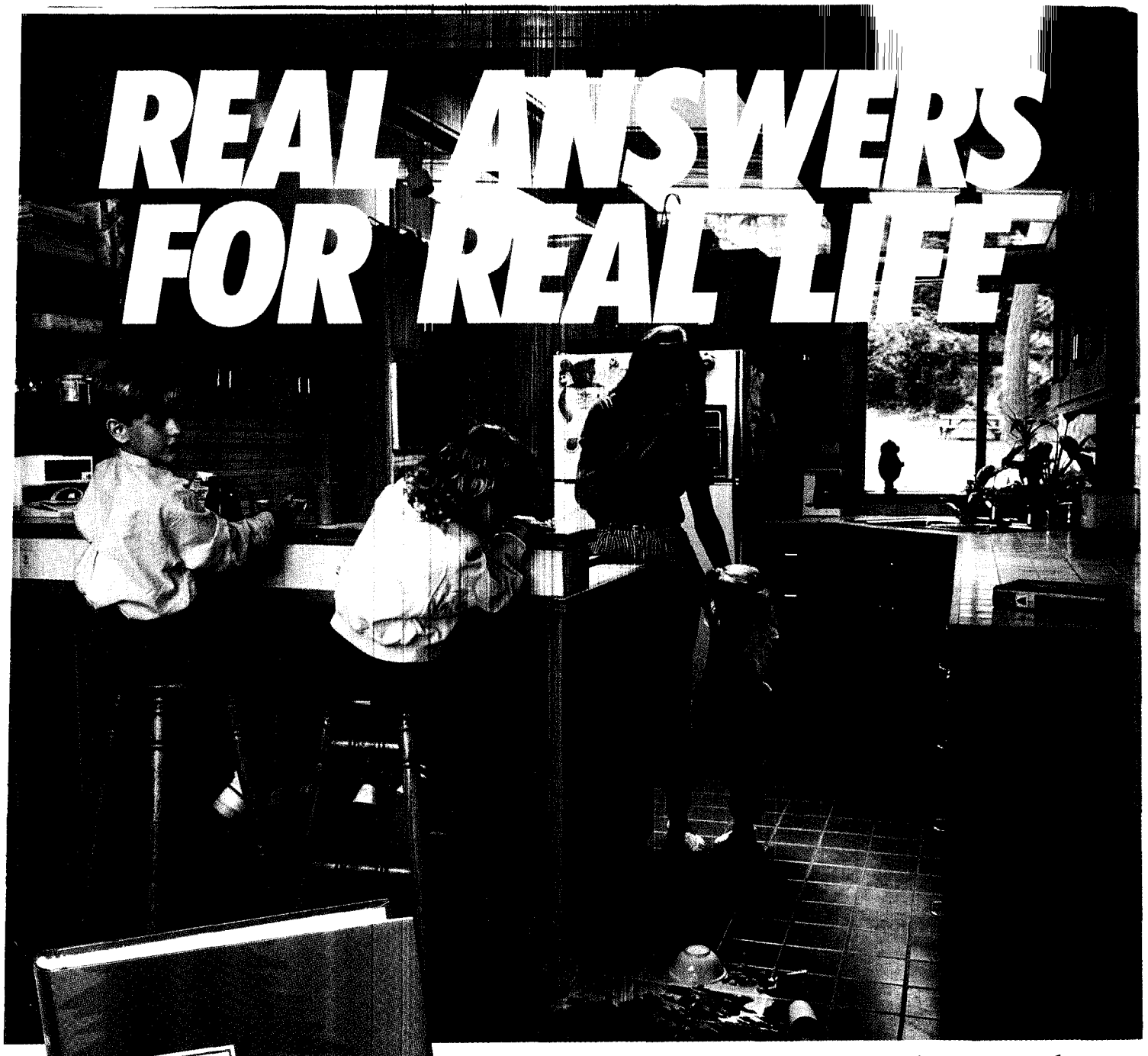

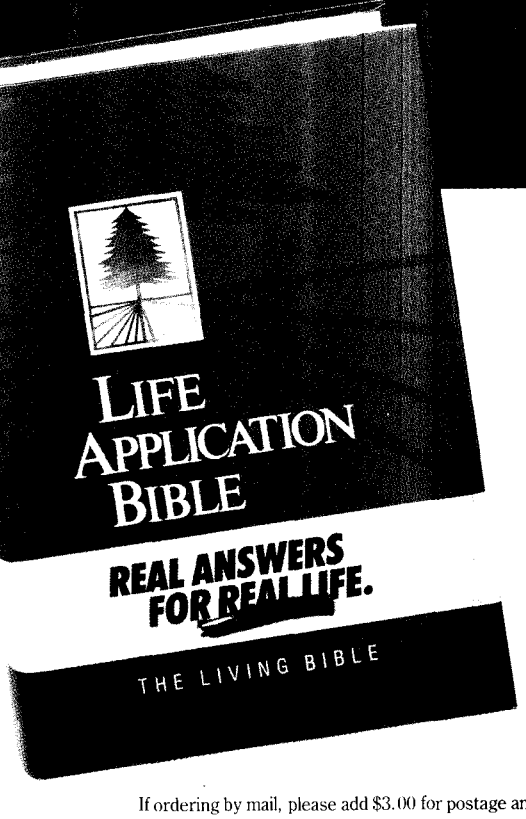

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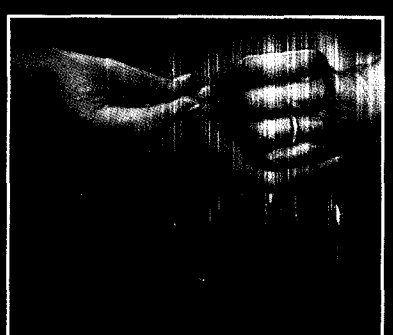

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